



ENGLISCH

SERIE

2

LESEVERSTEHEN

**KANDIDATIN
KANDIDAT**

Nummer der Kandidatin / des Kandidaten

Name

Vorname

Datum der Prüfung

BEWERTUNG

Fachbereiche

Erreichte Punkte / Maximum

Task A

/ 12

Task B

/ 8

Task C

/ 5

Total

/ 25

EXPERTEN



Erlaubte Hilfsmittel: Wörterbuch in Papierform

Prüfungsdauer: ⌚ 30 Minuten

A (12 POINTS)

Read the following text and the instructions on the opposite page.

How Choice of Clothing Can Affect and Reflect Your Self-Confidence and Image

The style of clothes you choose reflects and affects your mood, health, and overall confidence. Scientists call this phenomenon “enclothed cognition”. Adam Hajo and Adam D. Galinsky, both professors at the Kellogg School of Management at Northwestern University, write in the *Journal of Experimental Social Psychology* that enclothed cognition “involves the link between two independent factors — the symbolic meaning of the clothes and the physical experience of wearing them”. The researchers had people perform tests while wearing a laboratory coat (the type medical doctors wear), a painters’ coat, and while not wearing a coat. The results showed that people’s attention increased while wearing the doctors’ coats, but did not increase while wearing the painters’ coats or no coats at all.

Similarly, Professor Karen J. Pine of the University of Hertfordshire (U.K.) writes in her book *Mind What You Wear: The Psychology of Fashion*, “When we put on a piece of clothing we cannot help but adopt some of the characteristics connected with it, even if we are unaware of it.” In the studies Pine carried out, one participant admitted, “If I’m in casual clothes I relax and am laid back, but if I dress up for a meeting or a special occasion, it can change the way I walk and hold myself.”

That is what Lisa Stariha, a Body Empowerment Coach, tries to teach her clients. She says it is so important to “Get up, get dressed, and make an effort every single day.” Stariha, who often works from her home office, knows how comfortable it can be to work in yoga pants and a T-shirt. But, she says, “to feel more attractive and confident, you should



change out of your casual wear and put on clothes that give you power”.

Professor Pine says that clothes don’t just affect your confidence levels, but they can also affect your success, as “clothing significantly influences how others see you and how they respond to you”.

Understanding the psychological dynamics of why the right-for-us clothing can contribute to our confidence and help us be successful in the workplace has become big business. Image, style, and branding consultants are hired by everyone from celebrities to ordinary people, with more than 56,000 people claiming that this was their occupation in 2014. Kim Peterson, of Uniquely Savvy, advises people on their personal brand, style, body, colour and wardrobe analysis as well as their personal shopping. She also offers virtual style consulting for individuals, and more progressive businesses hire Kim to conduct workshops for their employees on these topics.

So, the next time you reach for a casual T-shirt or for that fiery red dress, ask yourself how that item of clothing will make you feel and what it is saying to the world around you.

Tick the best answer – A, B or C.

1. **According to the article, people's health ...**
 - A changes their style and the clothes they are wearing.
 - B can be influenced by the clothes they are wearing.
 - C affects their mood and confidence.

2. **People taking part in the test were ...**
 - A doctors and nurses.
 - B all wearing different types of coats.
 - C more attentive when wearing a certain type of coat.

3. **Professor Pine says that ...**
 - A people's behaviour changes with their clothing.
 - B people refuse to see the effect clothes have on them.
 - C people are more relaxed when they dress up.

4. **Lisa Stariha ...**
 - A wears casual clothes while teaching her clients.
 - B says that feeling comfortable at work is the most important.
 - C recommends certain clothes to make people feel stronger.

5. **In 2014, over 56,000 people ...**
 - A hired style consultants.
 - B worked for celebrities.
 - C worked as style advisers.

6. **Kim Peterson ...**
 - A works with both individual clients and companies.
 - B does the shopping for her clients.
 - C organizes workshops about progressive businesses.

B (8 POINTS)

Read the article below. Choose the best expression (A, B or C) to fill each gap. For each answer, put the correct letter on the line on the right.

Can energy drinks really boost a person’s energy?

Most energy drinks contain large amounts of caffeine, ❶ can provide a temporary energy boost. Some energy drinks contain sugar and other substances. The boost is short-lived, however, and may be accompanied ❷ other problems.

For example, energy drinks that contain sugar may contribute to weight gain – and too ❸ caffeine, or caffeine-like substances, can lead to nervousness, irritability, insomnia, rapid heartbeat, and increased blood pressure.

Mixing energy drinks with alcohol may be even more problematic. Energy drinks can weaken the feeling of intoxication, which ❹ lead to heavier drinking and alcohol-related injuries.

For most people, occasional energy drinks are fine, but should be limited to about 16 ounces (500 milliliters) a day. If you’re consistently tired or run-down, however, ❺ a better – and healthier – way to boost your energy.

Get ❻ sleep, include physical activity in your daily routine, and eat a healthy diet. If these strategies don’t seem to help, consult your doctor. Sometimes tiredness is a sign of an underlying medical problem.

There are a few groups for which energy drinks are typically not recommended. If you have an underlying condition such as heart disease or high blood pressure, ask your doctor if energy drinks may cause complications. Teenagers, pregnant women and women who are breast-feeding may want to ❼ or at least limit consumption of these beverages.

With the growing popularity of energy drinks, many parents have become worried ❽ how much caffeine their children are consuming. The American Academy of Pediatrics recommends that youths do not get more than 100 milligrams of caffeine a day. Younger children shouldn’t drink caffeinated beverages on a regular basis.

Put the letter here ↓

❶	A who	B where	C which
❷	A from	B by	C with
❸	A many	B much	C few
❹	A may	B must	C have
❺	A think	B make	C consider
❻	A plenty	B a lot	C enough
❼	A avoid	B increase	C keep
❽	A on	B for	C about

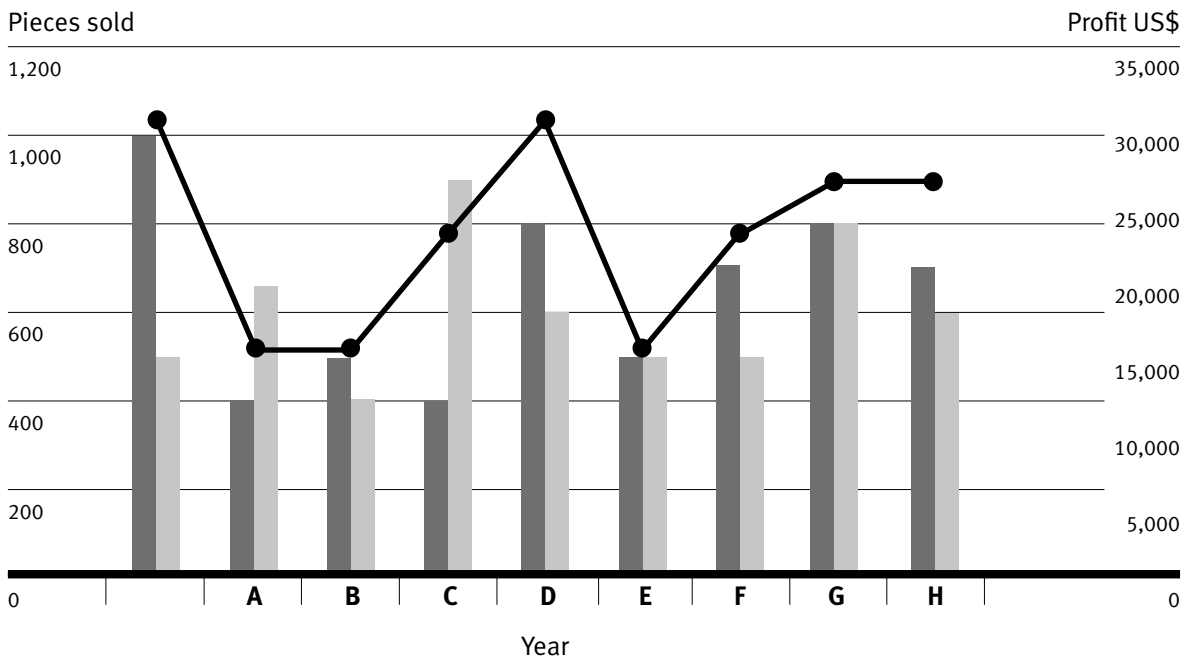
C (5 POINTS)

Look at the chart below. It shows a manufacturing company's sales in Asia and South America, and the resulting profit over a nine-year period.

Which year does each statement (1–5) below describe?

Match them with the correct graph (A–H). Do not use any letter more than once.

■ Asia ■ South America ● Profit



Put the letter here ↓

1	Although South America's and Asia's sales dropped slightly, profit remained at previous year's level.
2	Sales in Asia equalled those in South America and profit dropped dramatically.
3	Though sales in South America picked up, the dramatic decline of sales in Asia led to a sharp decline in profit.
4	While South America's sales went down from the previous year, Asia's doubled, leading to an all-time high in profit.
5	The improved sales in Asia made up for the loss in South America, so that profit remained the same.

