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TOEIC PART 7

READING

COMPREHENSION

prohibited.

DIRECTIONS

In Part VII you will read passages in the form of letters, ads, memos, faxes, schedules, etc. The reading section has a number of single passages and double passages. You will be asked 2-4 questions about each single passage, and 5 questions for each double passage. Sometimes you will be asked for specific details. Other times you will be asked about what the passage implies. In the paired passages you will also be asked to make connections between the two related texts. On the real test you will not have time to read every word. You need to practice scanning and reading quickly for details.

Do you feel stressed? Chances are, you do. Levels of stress in our society are increasing more and more these days, and this is true for both workers and students. There are a number of ways you can relieve stress, but there are also several ways in which you can avoid stress in the first place, and this article will focus on these. Here are four things you should avoid like the plague if you want to develop a more peaceful lifestyle.

What's the first thing you do when you get home after a stressful day at work or college? Many of us collapse on the couch and reach for the TV remote. Don't do it! Not only does the TV fill your living room with the stressful lives of on-screen characters, think about commercials. The aim of advertising is to make people feel that their lives are inadequate and unfulfilled. They often bring out negative emotions in viewers.

And while we are on the subject of television, have you noticed how much of the news we watch is bad news? Research states that over 90% of the news we watch, read or hear on the radio is bad news. In order to sell stories, the media bombard us with negative story after negative story. What is more, the stories which are reported are often ones which you have no control over, and this leads to a sense of powerlessness. Why not buy a local paper instead? The news is often far more optimistic, and you may be inspired to take action in a way that can have a positive effect on your own neighborhood.

Avoiding television may also help you avoid another sort of stress – arguments. How often do you and your family row about what to watch on the television? Arguments will never help you feel better, and no-one ever wins an argument. When you feel that an argument is brewing, go for a walk or find a quiet place where you calm down, or you will only prolong the tension.

The last thing to avoid is caffeine. Anything which contains caffeine, and that includes coffee, tea, chocolate and even a nice soothing cup of cocoa, is a stimulant, and is more likely to keep you tense than relax you. Sugary drinks are also going to keep you buzzing. Have a cup of herbal tea and eat foods which are natural rather than processed.

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1. What is the text about?

a. Ways to relieve stress

b. How to prevent stress

c. Reasons why stress levels are increasing

d. The consequences of a stressful lifestyle

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2. Why does the writer consider commercials stressful?

- a. They often depict characters in stressful situations
- b. They make people worry about money
- c. They make you feel your life is not good enough
- d. They contain flashing and fast-moving images

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3. Why, according to the writer, do news stories often depress us?

a. The stories highlight problems in the local neighborhood

b. The stories address problems that the reader cannot control

c. The stories describe people who are powerless

d. The stories force readers to take action

4. What does the writer suggest you do if you feel angry with someone?

a. Have a big argument

b. Have some quiet time alone

c. Turn the television on

d. Brew a cup of tea

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5. Which drink does the writer recommend when you feel stressed?

- a. herbal tea
- b. cocoa
- c. a sugary drink
- d. coffee

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Dear Barbara,

Regarding the marquee that you would like to hire from our community group, I spoke with our committee last night and this is no problem. We could hire you one of our marquees at a cost of \$100 from now until the week after the arts festival if you'd like. The only conditions are that a) your company ensures that the marquee is covered on your insurance for the period of the hire and b) that it is returned to us in the same condition by 15th May.

If you do decide to go ahead, you can collect it from the community hall on a Monday or Thursday between 1800 and 1900.

You may be interested to know that we are planning to sell one of our marquees. We currently have two (one slightly smaller than the other). We are undecided yet which one we would want to sell (the smaller one is newer and therefore in better condition). If you did end up buying one, we'd knock the \$100 hire fee off the final cost.

Let me know if you've any questions – you can call me if you would like to discuss this further.

Thanks

David

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Dear David,

Many thanks for your email regarding the marquee. We'd like to go ahead and borrow it please. I will send one of my colleagues over on Monday evening to collect it, if that's all right with you. He has a van, which I dare say will make transportation easier.

You mentioned you have two marquees. Could you confirm whether you will be lending us the large one or the smaller one? We require enough space to accommodate 30 guests, so although the smaller one is in better condition, the larger one may suit our needs better. Could you send me information about their dimensions.

Regarding the sale of your marquees, I will speak to our events committee, but I don't think it is likely that we will want to buy, as we only hold events like this on a very occasional basis.

Thanks for your help,
Barbara

6. Why does Barbara need a marquee?

a. for a committee meeting

b. for a community group project

c. for an arts festival

d. for overnight accommodation

7. Barbara can use the marquee free of charge if...

- a. her company buys a marquee in future
- b. her company insures it against damage
- c. she arranges her own collection
- d. she promises to keep it in good condition

8. In her message, Barbara expresses concern about

a. the cost of hiring

b. the condition of the marquee

c. the collection time

d. the size of the marquee

9. What is Barbara likely to do next?

a. buy a marquee

b. arrange a collection time

c. speak to colleagues

d. negotiate the price

INTERNATIONAL AIRLINES

CAPTAINS CLUB

RO. Box 325

Dallas, Texas

William j Farrell

7 Waverly Street

Edinburgh, Scotland

DUES STATEMENT

Return this portion with your check US \$50 Annual US \$600 Lifetime US \$25
Initiation Fee (Due in 'addition to Annual or Lifetime payment if renewal payment
not received within 60 days of expiration of present membership.)

Enclosed is my check for \$ _____ made payable to Captains Club

Please issue a courtesy card for my spouse:

(Print full name of spouse)

RENEWAL NOTICE

REFERENCE NO. BILL DATE AA40UNT DUE

87054526

06/01

\$50 BEFORE 09/01

\$75 AFTER 09/01

Please indicate address changes on reverse side

10. What is this form?

a. An airline ticket

b. A check

c. A membership card

d. An invoice

11. What should be written on the back of the form?

a. Membership card number

b. Job title

c. Spouse's name

d. New address