

Олимпиада школьников «Покори Воробьевы Горы!»  
Очный тур 2018-2019 гг.  
10-11 классы  
Вариант 1

Олимпиада школьников  
Покори Воробьевы горы 2018-19

АНГЛИЙСКИЙ ЯЗЫК

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**TASK 1. LISTENING COMPREHENSION (16 points: 1 answer = 2 points)**

*For questions 1-8 complete the notes below filling in the gaps with FOUR WORDS maximum. You will listen to the text ONCE. You have 1 minute to look through the task before listening. Transfer your answers into the answer sheet (1-8).*

CHINESE MUSEUM

- 1 When did bronze vessels first appear? \_\_\_\_\_
- 2 Who were the vessels offered to? \_\_\_\_\_
- 3 Where were many of the vessels found? \_\_\_\_\_
- 4 When did the origins of the collection begin? \_\_\_\_\_
- 5 Where was the collection stored? \_\_\_\_\_
- 6 How much time did the last emperor have to prepare for leaving the palace? \_\_\_\_\_
- 7 Why was the collection moved in 1931? \_\_\_\_\_
- 8 How much of the collection can be seen at one time? \_\_\_\_\_

**TASK 2. READING (10 points: 1 answer = 1 point)**

*For questions 9-18 put the following parts of the text in the correct order to recreate the text. Transfer your answers into the answer sheet (9-18).*

**Angry All the Time for No Reason? This Might Be Why**

By Margarita Tartakovsky, M.S.  
*Associate Editor*

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**A.** Anger also “stems from wanting to control what is outside of us,” said Hanks, who loves helping people learn how to manage anger and build healthy relationships. Sometimes, you might not feel angry at all. Rather, your actions might be passive-aggressive, and you might feel resentful. Many of her clients who have “anger issues” actually don’t let themselves express their anger. For instance, Hanks worked with Cindy, a woman in her 30s who seemed cheerful and positive—and exhausted. Cindy was an excellent caretaker and had great empathy for everyone (but herself). She has two kids with disabilities. Her husband rarely helped. He either disconnected from the kids or exploded at them.

**B.** Where does this unexplained anger come from? What does it mean? There may be many different causes. One explanation is that you have weak boundaries. You say yes when you really want to say no. You do things for

others that you don't feel comfortable doing. You're constantly drained and depleted.

C. "It teaches us when something is wrong, or when to take appropriate action—or do nothing at all."

Hanks shared these suggestions for effectively managing your anger:

- Become aware of your early warning signs of anger. (Which may be different for everyone.)
- Express your emotions without blaming the other person.
- Plan ahead to handle difficult situations.
- Take deep breaths to stay in the moment.
- Notice negative thoughts that trigger your irritation.
- Ask for help if you're struggling.
- Take a break when a situation starts to escalate. Let the person know that you'd like to continue the conversation once you (or both of you) have cooled off.

"Anger is often a secondary emotion," Hanks said. Beneath the frustration and irritability is usually a vulnerable emotion, such as loneliness, sadness or fear. And it's usually harder to access and express, she said. With her clients Hanks uses the metaphor that emotions are an ocean.

D. But you might not make the connection, said Julie de Azevedo Hanks, Ph.D, LCSW, owner of Wasatch Family Therapy and author of The Assertiveness Guide for Women: How to Communicate Your Needs, Set Healthy Boundaries, and Transform Your Relationships. "You may just think that people take advantage of you and not realize that you have a part in that dynamic."

Or maybe you aren't getting enough sleep or you're drowning in to-do lists. Which makes it "more difficult to access your emotional coping skills," Hanks said.

Maybe it's depression. "There seems to be a misunderstanding that depression is crying all of the time and not getting out of bed." However, increased irritability is a common symptom, Hanks said.

E. She asks them to draw the surface of the ocean, and write or draw what they're feeling. Then she asks them to brainstorm the emotions that might be swimming below the surface.

F. MAYBE you feel angry regularly. You're irritable, short-tempered and grouchy. Maybe you snap (or want to snap) at everyone around you — because your anger feels like a tsunami. It's bound to crash into something.

Yet you don't know why you feel this way. You have no clue why you're so on edge.

- G.** Cindy worked very hard to keep everyone happy. Once she connected to her thoughts and feelings, she realized that she felt angry about doing most of the parenting and letting her husband off the hook for not interacting with their kids. She also realized that beneath her anger was loneliness. She didn't feel supported.
- H.** Maybe it's anxiety. "Individuals with high anxiety often feel on the verge of overwhelm because they have to work so hard to manage their own internal emotional state." So when a challenging situation arises, you might be maxed out, which manifests as anger or a short fuse, she said.  
Maybe you expected your best friend to support you, but they didn't. Maybe you expected your spouse to help out more around the house. "That's where, if those buttons are pushed enough, often enough, you could flip into a state of anger without even knowing why."
- I.** Maybe, like Cindy, you're also not in tune with your feelings. "Most of us didn't learn how to navigate our emotions," said Hanks. "Instead, society encourages us to avoid conflict, be nice and say yes when we mean no." We struggle with anger the most because it's still seen as a taboo emotion, she said.  
We fear that by expressing our anger, we'll hurt someone's feelings, possibly lose control or risk ruining the relationship, Hanks said. However, she believes that when we navigate anger effectively, it's actually a gift.
- J.** Remember that angry feelings are not the same as violent behavior, Hanks said. We tend to use the terms interchangeably, which has created the misconception that anger is "bad."  
So, anger is a valuable and vital emotion. "Acknowledging feelings of anger and using this awareness to understand the underlying vulnerable emotions is key to emotional health."

**TASK 3. USE OF ENGLISH (10 points: 1 answer = 1 point)**

*For questions 19-28 write the missing words. Use only one word in each gap. Transfer your answers into the answer sheet (19-28).*

### **Doodling vs Daydreaming**

The next time you are caught doodling, that is making unconscious or unfocused drawings (19)..... you should be listening, declare that you are simply trying to boost your concentration.

Recent research suggests that, (20) ..... than something to be frowned on, doodling should be actively encouraged because it improves our ability to pay attention. A study which compared (21) ..... well people remembered details of a dull speech found that people who doodled throughout retained much more information than those trying to concentrate on listening.

Doodling, however, is not the same (22)..... daydreaming. It is quite common (23) ..... people to start daydreaming when they are stuck in a boring lecture (24) ..... listening to a tedious discussion, and then to pay little attention to what is (25).....on around them. But the research suggests that doodling should no (26)..... be considered an unnecessary distraction. Not (27) ..... is doodling sufficient to stop daydreaming without affecting our task performance, it may actually help keep us (28) ..... track with a boring task.

### **TASK 4. SOCIOCULTURAL COMPETENCE (4 points: 1 answer = 1 point)**

*For questions 29-32 fill in the gaps in three sentences with 1 word. There is only 1 word that be used in all the three sentences. Each correct answer earns you 1 point. Transfer your answers into the answer sheet (29-32).*

29. John's face was \_\_\_\_\_ and blue after the boxing match.  
Fred came home with a horrible \_\_\_\_\_ eye today, but he won't tell us what happened!  
We had a huge \_\_\_\_\_ out here last night, the whole town was out of power for about 7 hours!
30. Greg has decided to quit his job out of the \_\_\_\_\_, and go travelling for a year!  
It was a complete bolt from the \_\_\_\_\_ for us, we had no idea that they were having problems.  
A \_\_\_\_\_ ribbon panel of experts were invited to investigate the extraordinary remains.
31. He's been really off \_\_\_\_\_ for the past few days, I think I might have to take him to the doctor.  
The music in the play helped to lend \_\_\_\_\_ to the performance of the actors.  
The weekend vegetable market added much local \_\_\_\_\_ to the small town.

32. He can be rather \_\_\_\_\_ sometimes. I don't think he's ready to be promoted to a higher position yet.  
My older brother always used to get \_\_\_\_\_ with envy if my dad bought something for me and not for him.  
Our city has a policy of increasing the \_\_\_\_\_ belt around it.

**TASK 5. WRITING (60 points)**  
**(40 minutes, 250-300 words)**

*Imagine that your school magazine has a weekly column called "Performing EXTRA". As part of their investigation into extracurricular activities of young people, they have asked you to write a news report based on the results of your own survey demonstrated in the graph below.*

**In your report say:**

1. who participated in the survey;
2. what changes and trends can be seen comparing the data in the graph below;
3. what are the reasons for such changes;
4. how the situation might develop in the future.

*Remember the rules of news report writing. Make sure your report has:*

- a headline
- a byline and a placeline
- a lead paragraph
- body paragraphs
- a conclusion

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