

Directions:

Read the following text. Choose the best word(s) for each numbered blank and mark A, B, C or D on the **ANSWER SHEET**. (10 points)

Your social life is defined as "the activities you do with other people, for pleasure, when you are not working". It's important to have a social life, but what's right for one person won't be right for another. Some of us feel energised by spending lots of time with others, 1 some of us may feel drained, even if it's doing something we enjoy.

This is why finding a 2 in your social life is key. Spending too much time on your own, not 3 others, can make you feel lonely and 4. Loneliness is known to impact on your mental health and 5 a low mood. Anyone can feel lonely at any time. This might be especially true if, 6, you are working from home and you are 7 on the usual social conversations that happen in an office. Other life changes can 8 periods of loneliness too, such as retirement, changing jobs or becoming a parent.

It's important to recognise these feelings of loneliness. There are ways to 9 a social life, but it can feel overwhelming 10. It's a great idea to start by thinking about hobbies you enjoy. You can then find groups and activities related to those where you will be able to meet 11 people. There are groups aimed at new parents, at those who want to 12 a new sport for the first time, or networking events for those in the same profession to meet up and 13 ideas.

On the other hand, it's 14 possible to have too much of a social life. If you feel like you're always doing something and there is never any 15 in your calendar for downtime, you could suffer social burnout or social 16. We all have our own social limit and it's important to recognise when you're feeling like it's all too much. Low mood, low energy, irritability and trouble sleeping could all be 17 of poor social health. Make sure you 18 some time in your diary when you're 19 for socialising and use this time to relax, 20 and recover.

1. [A] because
[B] unless
[C] whereas
[D] until
2. [A] contrast
[B] balance
[C] link
[D] gap
3. [A] seeing
[B] pleasing
[C] judging
[D] teaching

4. [A] misguided
[B] surprised
[C] spoiled
[D] disconnected
5. [A] contribute to
[B] rely on
[C] interfere with
[D] go against
6. [A] in fact
[B] of course
[C] for example
[D] on average
7. [A] cutting back
[B] missing out
[C] breaking in
[D] looking down
8. [A] shorten
[B] trigger
[C] follow
[D] interrupt
9. [A] assess
[B] interpret
[C] provide
[D] regain
10. [A] at first
[B] in turn
[C] on time
[D] by chance
11. [A] far-sighted
[B] strong-willed
[C] kind-hearted
[D] like-minded
12. [A] try
[B] promote
[C] watch
[D] describe

13. [A] test
[B] share
[C] accept
[D] revise
14. [A] already
[B] thus
[C] also
[D] only
15. [A] list
[B] order
[C] space
[D] boundary
16. [A] fatigue
[B] criticism
[C] injustice
[D] dilemma
17. [A] sources
[B] standards
[C] signs
[D] scores
18. [A] take over
[B] wipe off
[C] add up
[D] mark out
19. [A] ungrateful
[B] unavailable
[C] responsible
[D] regretful
20. [A] react
[B] repeat
[C] return
[D] rest