



University of Ruhuna  
 Faculty of Fisheries and Marine Sciences & Technology  
 Proficiency in English Examination 2016  
 Level III - Advanced English II  
 FDN 3220

Duration: 3 Hours

Index No. \_\_\_\_\_

FOR EXAMINER'S USE ONLY

Question No.	Maximum Mark	Mark Obtained
1	15	_____
2	20	_____
3	20	_____
4	15	_____
5	30	_____
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	Total <u>100</u>	=====

Examiner's Signature : .....

Date : .....

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*Answer all questions.*

1). Read the following passage and answer the questions.

**A** Yoga is a science of right living and it works when **integrated** into our daily life. It works on all aspects of the person: the physical, mental, emotional, **psychic** and spiritual. The word “yoga” means ‘unity’ or ‘oneness,’ and it is derived from the Sanskrit word ‘*yuj*’ which means ‘to join.’

**B** There are too many **misconceptions** clouding the science of yoga. People perceive it to be some kind of black or white magic, sorcery, or physical or mental debauchery through which miraculous feats can be performed. For some it is an extremely dangerous practice which should be limited to those who have **renounced** the world. A few others think it to be a kind of mental and physical acrobatics that is compatible only with a Hindu mind.

**C** The human mind is subject to certain weaknesses which are **universal**. *Avidya* -wrong notions of the external world, *asmita* - wrong notions of oneself, *raga* - longing and attachment for sensory objects and affections, *dwesha* - hatred for objects and persons, and *abhinivesha* - the love of life, are the five defects of the mind that must be removed. The constant meditation and introspection in yoga eradicates these mental **flaws**.

**D** There are two methods of yoga, one related to the Self and the other, to the Not-Self. The science of yoga as usually **practised** today is to do with the former, and not the latter.

**E** The lower mind, unruffled, waveless, reflects the higher, as a waveless lake reflects the stars. A phrase in the *Upanishads* puts it less technically and scientifically, but more beautifully. It declares that in the quietude of the mind and the **tranquility** of the senses, a person may behold the majesty of the Self. The method of producing this quietude is what most practitioners of yoga target at achieving.

1. What do the following underlined words/phrases in the passage refer to? The first has been done for you as an example.

- (a) it (passage A, line 1) - yoga
- (b) all aspects (passage A) - \_\_\_\_\_
- (c) it (passage A, line 3) - \_\_\_\_\_
- (d) which (passage A) - \_\_\_\_\_
- (e) it (passage B) - \_\_\_\_\_
- (f) which (passage C) - \_\_\_\_\_
- (g) these (passage C) - \_\_\_\_\_
- (h) the former (passage D) - \_\_\_\_\_
- (i) the latter (passage D) - \_\_\_\_\_
- (j) the higher (passage E) - \_\_\_\_\_
- (k) It (passage E) - \_\_\_\_\_

2. Underline the word/phrase that is closest in meaning to the following. The first one has been done for you as an example :

- (i) integrated  
(a) added                      (b) included                      (c) incorporated
- (ii) psychic  
(a) intellectual              (b) psychological              (c) sensual              (d) supernatural
- (iii) misconceptions  
(a) a variety of ideas              (b) vague ideas              (c) wrong ideas
- (iv) renounced  
(a) accepted              (b) announced              (c) given up              (d) understood
- (v) universal  
(a) narrow              (b) well-known              (c) wide              (d) widespread
- (vii) flaws  
(a) faults              (b) characteristics              (c) plus points              (d) stages

(15 marks)

2). Read the following passage and answer the questions.

### Women's Self-Esteem

Self-esteem has been viewed as both a vulnerability factor for psychological disorders such as depression, and a consequence of previous psychiatric illnesses. Self-esteem is usually seen as reflecting how you measure up to your desired self-image. To the extent that what you see in yourself approximates to what you would like to be, self-esteem is positive. Robson defined self-esteem as "the sense of contentment and self-acceptance that stems from a person's appraisal of his/her own worth, significance, attractiveness, competence, and ability to satisfy his aspirations."

Many recent publications suggest that women who report childhood sexual abuse (CSA) have lowered self-esteem. However, CSA often occurs in concert with a number of other childhood problems, such as family discord, which may themselves be directly linked to low self-esteem.

The psychosocial predictors of low self-esteem common to non-abused and CSA women included the quality of their relationship with their mothers, having low qualifications, and both a past and present history of psychiatric disorder. This study suggests that there are both personal and family factors to self-esteem, especially concerning a girl's relationship with her mother, interestingly, not her father. An earlier commentator on self-esteem stated that the antecedents of high self-esteem in childhood are unconditional acceptance by parents, clearly defined and enforced limits to behavior, respect for individual action within the defined limits, and high self-esteem in parents (Coopersmith, 1967). An overprotective mother is one who does not permit her growing child to experiment, learn from her mistakes and grow in confidence about her ability to solve problems and determine events. On the other hand, it is possible that girls with low self-esteem elicit an over-controlling behaviour pattern from their mothers.

A Scottish study, using a community sample with two self-appraisals six months apart, found that current episodes of illness cause progressive impairment of self-appraisal i.e., low self-esteem is the result of depression (Ingham, et al. 1987).

It appears that a woman's current level of qualifications, with the consequent opportunity for paid employment and associated financial remuneration, is important in self-esteem establishment and maintenance in a way that her other social roles (mother, wife, intimate partner, family member) are not (War and Jackson, 1983). The life changes associated with improved self-evaluation were an improvement in the increase in work status. Thus, there seems to be clear evidence that financially secure women feel better about themselves.

Gilligan has reported in her studies of girls before and during adolescence that there appears to be a marked decline in self-esteem after puberty. Pre-adolescent girls had a sense of confidence and a belief that they can influence the course of events in their lives. During adolescence, however, that self-esteem and belief in their own efficacy diminished, to be replaced by a sense of intimidation and passiveness.

Low self-esteem is a complex amalgam of the influence of many factors. The precise determination of causal sequences awaits prospective research designs. Meanwhile, this study suggests several strategies, which could enhance a woman's self-esteem.

(Adapted from *BJP* December 1996, 169)

1. Look at each of the following sentences about women's self-esteem. From the cage below, match the person who discovered that fact (A – H). You need not use all the letters, and you may use the same letter more than once. The first one has been done for you as an example.

- (i) Depression is caused by low self-esteem. C
- (ii) High self-esteem parallels parental love. \_\_\_\_\_
- (iii) For a woman, a career is more important than marriage. \_\_\_\_\_
- (iv) Self-esteem is a measurement for depression. \_\_\_\_\_
- (v) Women who have been sexually abused as children show low self-esteem. \_\_\_\_\_
- (vi) Self-esteem declines in post-pubertal females. \_\_\_\_\_

A – Brown	B – Warr & Jackson
C - Ingham	D – The writer
E – Beitchman	F – Coopersmith
G – Gilligan	H - Robson

2. Select the most suitable answer, and circle the corresponding letter, (a), (b), (c) or (d):

- (i) Self-esteem is positive when
- (a) what you see in yourself is what others see in you.
  - (b) what you see in yourself is what you want to be.
  - (c) what you want to be approximates what others see in you.
  - (d) all the three above-mentioned factors are present.
- (ii) According to the passage
- (a) childhood sexual abuse is the main cause for low self-esteem in women.
  - (b) childhood sexual abuse is the only cause for low self-esteem in women.
  - (c) childhood sexual abuse may not be the only cause for low self-esteem in women.
  - (d) The connection between childhood sexual abuse and low self-esteem in women has not been established yet.
- (iii) In the role parents play in a woman's self-esteem,
- (a) a girl's relationship with her mother is crucial.
  - (b) a girl's relationship with her father is crucial.
  - (c) a girl's relationship with both her parents is crucial.
  - (d) a girl's relationship with her mother is a little more important than that with her father.
- (iv) According to Warr and Jackson,
- (a) a woman's qualifications is a very important determiner of high self-esteem.
  - (b) although a woman's qualifications is important to her self-esteem, it is not as important as her roles of wife and mother
  - (c) if a woman is not happy in her roles of wife and mother, her qualifications do not have a positive effect on her self-esteem.
  - (d) having paid employment is more important for a woman's self-esteem than qualifications.



- (v) Gilligan's report shows that
- (a) adolescence has a negative impact on a girl's self-esteem.
  - (b) self-esteem in girls enhances after puberty
  - (c) self-esteem in girls, which diminished after puberty, was replaced later.
  - (d) there is a decline in a girl's self-esteem both before, and after, puberty.

(20 marks)

- 3). (a) Read the following passage inserting the necessary capitalization and punctuation. The title and opening paragraph have been done for you, as an example. The minimum number of required insertions are indicated at the end of each paragraph.

**a short history of oxford university the middle ages (09)**

according to legend oxford university was founded in 872 when alfred the great held a scholarly debate with some monks in the town of oxford which lasted several days (06)

in reality it came into being in the 12<sup>th</sup> century when famous teachers began to lecture there and groups of students came to live and study in oxford (03)

from the start there was friction between the students and the townspeople in 1209 the students left and went to cambridge however the traders in oxford soon missed the custom of the students and persuaded some of them to return in 1214 that year the first chancellor robert grossette 1175 - 1253 was appointed (16)

at first the students lodged with the townspeople or lived in halls st edmund hall dates from 1238 in the 13<sup>th</sup> century the first colleges were founded (08)

william of durham founded the first college university college in 1249 the oldest part of the existing buildings dates from 1634 (08)

balliol college was founded in 1264 by john de balliol he founded it in penance for insulting the bishop of durham walter de merton founded merton college that same year merton library was built in 1379 (17)



exeter college was founded in 1314 by walter stapledon adam de brome founded oriel college in 1324 robert eglesfield founded queens college in 1341 he was the queens chaplain and he named it in her honour in 1377 john wycliffe was expelled from oxford university after criticizing some of the churchs teachings (27)

then in 1379 william of wykeham founded new college (06)

after 1410 students were forbidden to lodge with townspeople and had to live in halls of colleges eventually colleges replaced most of the halls however st edmund hall survived till the 20<sup>th</sup> century when it became a college (09)

william of waynflet founded magdalen college in 1448 its bell tower was built in 1509 (07)

A Short History of Oxford University: The Middle Ages

According to legend Oxford University was founded in 872 when Alfred the Great had a scholarly debate with some monks there that lasted several days.

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(b) Rewrite the underlined sections in words. The first one has been done for you as an example.

- (i) 872 – eight hundred and seventy-two
- (ii) \_\_\_\_\_
- (iii) \_\_\_\_\_
- (iv) \_\_\_\_\_
- (v) \_\_\_\_\_
- (vi) \_\_\_\_\_
- (vii) \_\_\_\_\_
- (viii) \_\_\_\_\_
- (ix) \_\_\_\_\_
- (x) \_\_\_\_\_
- (xi) \_\_\_\_\_

(20 marks)

4). Rewrite the following sentences in their correct order. The first one has been done for you as an example.

**Women at Oxford**

1. although they had been allowed to sit some university examinations/and attend lectures/by that date/for over forty years/women were not admitted to membership of the University of Oxford/until 1920,  
women were not admitted to membership of the University of Oxford until 1920,  
although they had been allowed to sit some university examinations and attend lectures for over forty years by that date.