



University of Ruhuna- Faculty of Technology

Bachelor of Bio Systems Technology

Bachelor of Engineering Technology

Bachelor of Information and Communication Technology

Level II (Semester II) Examination, November/December 2025

Academic year 2024/2025

Course Unit: ENG 2222/ENG 2212/ENG 2232

Department of Multidisciplinary Studies

(Written)

Duration: 2 hours

Answer all questions

Question number	First Marking	Second Marking
01		
02		
03		
04		
05		
06		
Total		

01. Determine (✓) if each sentence is simple, compound or complex. (10 marks)

No	Sentence	Simple	Compound	Complex
01	The children wore their dirty boots.			
02	It was time for bed, yet it was still light outside.			
03	The front door was locked, so she entered through the back.			
04	They took a lot of pictures when they visited Montana.			
05	After the show began, he sat very quietly.			
06	The girl was wearing a red dress.			
07	He was playing on his computer.			
08	Georges would like to play, because he is the best player on the team.			
09	Before the bell rings, the student lined up at the door.			
10	We turned off the lights.			

02. Fill in the blanks with the correct phrasal verb from the brackets. (10 marks)
(make up, carry out, turn off, hand in, break up, run out of, set up, give up, pick up, look into)

- The teacher asked the students to _____ their assignments before Friday.
- The couple decided to _____ after five years together.
- The company plans to _____ a new branch in Kandy next month.
- Do not _____! Keep trying, and you'll succeed.
- Can you please _____ the TV? It's too loud.
- Scientists will _____ research on renewable energy.
- I need to _____ my sister from the station this evening.
- The police will _____ the cause of the accident.
- We have _____ sugar; could you buy some on your way home?
- After their argument, they finally decided to _____ and be friends again.

03. Read the comprehension carefully and answer the questions (20 marks)

Stress is an automatic human response to the demands, pressures, and competing priorities we face in daily life. It is a natural part of our existence and, in small amounts, can even be beneficial. A moderate level of stress can motivate us, enhance our focus, and help us complete important tasks. However, when stress becomes excessive or is carried for too long, it can trigger the body's "fight or flight" response, leading to feelings of exhaustion,

anxiety, and an overall decrease in our ability to function effectively. The goal, therefore, is not to eliminate stress entirely but to learn how to respond to it in healthy and balanced ways. When stress becomes chronic, the body remains in a heightened state of tension, which can have serious effects on both mental and physical health. Prolonged stress can lead to increased heart rate, high blood pressure, muscle tension, and fatigue. Emotionally, individuals may experience irritability, anxiety, sadness, anger, hopelessness, or a loss of interest in activities they once enjoyed. Academically and cognitively, stress can cause difficulty concentrating, forgetfulness, disorganization, and poor academic performance. Physically, it may be manifested as headaches, digestive issues, fatigue, sleep disturbances, changes in appetite or weight, and frequent illness. According to the Stress Continuum Model, moderate stress can enhance performance, while excessive stress can lead to burnout and decreased productivity. This model, based on the Yerkes-Dodson law, explains that optimal performance occurs at moderate stress levels, but when stress exceeds a manageable threshold, it becomes counterproductive. Managing stress effectively involves cultivating healthy habits, self-awareness, and positive coping strategies. Taking care of oneself through adequate sleep, nutritious eating, and regular exercise forms the foundation of stress management. Connecting with supportive friends, family, and communities also plays a crucial role in maintaining emotional balance. Additionally, improving time management skills can reduce unnecessary pressure—being organized and proactively help prevent last-minute stress and missed deadlines. It is also important to avoid the tendency to glorify stress or busyness, as doing so only undermines well-being. Instead, individuals should aim to include breaks, recreation, and social connection in their routines. Letting go of perfectionism is another key strategy; no one succeeds flawlessly all the time. Treating oneself with compassion and viewing mistakes as learning opportunities can transform failures into valuable lessons. Developing resilience is central to coping with challenges. This involves maintaining a positive mindset, practicing gratitude, engaging in positive self-talk, and seeking help when necessary. Keeping a balanced perspective is equally essential reminding oneself that stressful situations are temporary and manageable helps reduce anxiety. Reframing negative thoughts into constructive ones allows individuals to see difficulties as opportunities for growth. Several quick stress-relief techniques can also help. Deep breathing exercises calm the nervous system by encouraging slow, steady breaths. Progressive muscle relaxation, where each muscle group is tensed and then released, helps ease physical tension. Mini-meditations or brief moments of mindfulness can bring mental clarity, while visualization techniques—imagining success in a challenging task—can build confidence. Even small changes, such as taking a short walk, laughing with a friend, or listening to music, can significantly reduce stress in the moment. Finally, when stress becomes overwhelming and interferes with daily functioning, it is important to seek professional support. Counseling, medical consultations, or peer support programs can provide valuable guidance and strategies to restore balance. Remember, managing stress is not about avoiding challenges but learning to navigate them with awareness, resilience, and self-compassion.

(Retrieved from: health.cornell.edu)

01. What happens when a person experiences too much stress for too long? (2 marks)

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02. According to the essay, what is the main goal of stress management? (2 marks)

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03. How can healthy habits help in managing stress? (2 marks)

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04. Which of the following statements best describes stress? (1 mark)

- a) A negative emotion that should be avoided.
- b) A natural response to demands and pressures in life.
- c) A disease that affects the brain.
- d) A feeling of laziness and boredom.

05. Which of the following is a physical symptom of stress? (1 mark)

- a) Forgetfulness
- b) Sadness
- c) Muscle tension
- d) Hopelessness

06. Which of these practices helps to build resilience? (1 mark)

- a) Negative self-talk
- b) Avoiding help from others
- c) Practicing gratitude and positive thinking
- d) Competing with others to show busyness

07. Mark True (T) or False (F) (5 marks)

- a. All stress is harmful and must be completely eliminated. ()
- b. Chronic stress can cause both physical and emotional problems. ()
- c. Perfectionism always helps people manage stress better. ()
- d. Spending time in nature can help reduce stress. ()
- e. Seeking help from professionals is recommended when stress becomes overwhelming ()

a systematic process that combines data analysis, teamwork, creativity, and continuous improvement to ensure sustainable results.

(Retrieved from: <https://asq.org/quality-resources/problem-solving>)