Partici	pant	Number	r:	

#### GRAMMAR

Read the following text and fill in each gap with a proper verb tense or verb form. Write your answers in the spaces below the article. Mind the correct word order of all the words in the brackets. Spelling counts!

Don Powell 1... (pull) the usual assortment of envelopes from the letterbox outside his home in Orchard Lake Village, Michigan, when he 2... (notice) something out of the ordinary: a tiny doll couple sitting on a love seat inside the letterbox. A small sticky note 3... (also, tuck) inside. "We, Mary and Shelley, 4... (decide, live) here," the message 5... (read).

Powell, 72, says he initially figured that somebody **6... (must, leave)** the wooden dolls inside his letterbox back in August 2022 by mistake. He and his wife, Nancy Powell, had had a custom-designed letterbox resembling their contemporary white house **7... (install)** about four years ago.

"I asked the neighbours whether anybody 8... (leave) dolls in their mailboxes and everyone told me no," he says. "So I thought, This must just be a joke, and whoever left them here 9... (come back, get) them. I moved them to the back of the mailbox to see what 10... (happen)."

1	6
2	7.
3	8.
4	9
5	10

Continue reading the text and decide which ONE word best fits each gap (11-15). Write your answers in the space provided below the text. Spelling counts!

A few days passed and **11...** retrieved the dolls, he says, noting that he and his wife soon discovered the small couple had acquired an end table, a throw rug, and a pillow.

"I also have a sense of humour, so I left a note of my own saying that **12...** the home really needed was a refrigerator stocked with food," he says.

The fridge was never delivered. But **13**... the next several months, additional items mysteriously showed up: a four-poster bed, a painting, and a wood-burning stove, to name a few.

More than a year later, Mary and Shelley were **14...** living rent-free in the letterbox, **15...** the delight of neighbours who now follow Don's updates on Orchard Lake Village's Nextdoor page.

11	14		
12	15		
13			
		Total Points:	/15 nts

Participant Number:
---------------------

#### VOCABULARY

Complete gaps 1-10 in the following passage with the most suitable answer (A-D). Circle your answers.

The shift into winter can feel like an affront to daily routines. With the end of daylight-saving time, evening light fades, 1 ... our routines into darkness and leaving us to wonder, "What time is it again?"

Experts suggest modern conveniences 2 ... this seasonal ambush. Home 3 ... like motion-sensor lights and smart home heating systems 4 ... our daily lives, but they can disrupt a fundamental human instinct: adapting to seasonal changes.

"We are living out of sync with what is happening in our bodies," says Kari Leibowitz, a health psychologist and author. "Our modern conveniences can work against us because they really 5 ... this idea that you don't need to seasonally adapt or change your behaviour."

Living out of sync with seasonal changes wasn't always the way. Many ancient cultures and Indigenous communities embraced and integrated the natural cycles into their lives. The Celts marked winter's arrival with 6 ... gatherings around fires during the solstice, viewing it as a time to reflect, renew, and connect with the cycles of nature. Such careful 7 ... of seasonal shifts encourages mindfulness, a practice shown to help reduce anxiety and improve mood by fostering a deeper connection to one's environment.

Despite its **8** ... reputation, winter doesn't have to be perceived negatively. Shifting our mindset can profoundly **9** ... our experience of this season.

To adopt a positive outlook, Leibowitz suggests a technique called "temptation bundling"—pairing an activity you dislike with something enjoyable. If driving home from work in the dark feels **10** ... , plan a candlelit dinner or a warm bath afterward to brighten your mood.

1	A drifting	B diving	C plunging	D plummeting
2	A provoke	B deteriorate	C mitigate	D exacerbate
3	A amenities	B utensils	C provisions	D facilities
4	A magnify	B elevate	C enhance	D augment
5	A encourage	B reinforce	C reiterate	D energize
6	A cooperative	B publicized	C societal	D communal
7	A observation	B observance	C overlooking	D notification
8	A bleak	B upbeat	C blank	D buoyant
9	A reverse	B amend	C alter	D revise
10	A weary	B drained	C void	D dreary

Total Points: ...../10pts

Partici	pant Number	:

#### READING COMPREHENSION

Read the following article about the effort paradox. Complete gaps 1-10 with a suitable clause (A-M) from the list on the following page. Three clauses will remain unmatched.

As someone whose running shoes rarely leave the closet, I am both in awe of, and perplexed by, my endurance athlete friends. Particularly hard to grasp is their love of running marathons or cycling up mountains 1 ... . They enjoy them precisely for that reason.

Humans, as a species, often think of ourselves as intrinsically lazy, even if scientists prefer terms like "effort averse". But we know that putting effort in can be deeply rewarding, to the extent that we may choose a more difficult process 2 ... . We also seem to value effort after the fact, taking unreasonable pride in a poorly constructed piece of flat-pack furniture, say, 3 ... .

"On the one hand, effort is costly," says Michael Inzlicht, a psychologist at the University of Toronto, Canada. "On the other hand, it looks like we tend to value those things that we exerted effort for." In a seminal 2018 paper, he and his colleagues dubbed this apparent conflict the "effort paradox".

For the past century, the "law of least effort" has held that humans, along with other animals, prefer to avoid exertion. Think of a sidewalk that is blocked. Do you take a shortcut around the barriers or follow a signposted detour? Most of us opt for the former. Researchers originally thought that our effort avoidance evolved to save metabolic resources, so we 4 .... Over the tens of millennia when our ancestors relied on hunting and gathering, calorie intake was lower (and less predictable) than it is today. Wasting energy could mean life-ending folly.

But studies in recent decades haven't borne this out. "Our intuitions weren't quite right," says Amitai Shenhav, a neuroscientist at the University of California, Berkeley, and a co-author of the effort paradox paper. Along with Inzlicht, Shenhav is exploring a different explanation for why we find effort, including mental effort, off-putting: its emotional qualities. "One basic property of effortful tasks is that they lead you to think about what happens if you 5 ... —things like making an error, or disappointing people," he says.

Although this may seem intuitive, by thinking deeply about how and why we put more effort into some activities, researchers are beginning to unravel the effort paradox. One clue comes from the observation that we seem to value effort after the fact—demonstrated by the so-called IKEA effect. Aside from those folks for whom a Sunday spent puzzle-piecing together flat-pack furniture is the highlight of the week, many of us would prefer our bookshelf instead arrived premade. If we 6 ... , we might think it is because the cost of that effort—including the time and the mental and physical exertion—is worth the money saved. But this doesn't entirely explain what happens after the process: once it is built, we 7 ... , even preferring it to a better-made, less amateurish version. Our effort, in other words, doesn't just bring the benefit of reduced cost, it adds value in and of itself.

Inzlicht has found this in his research, too. In a paper he released in January, he and his colleagues asked participants, who were all undergraduate students, to write an opinion-based essay by themselves or using Al assistance. The students who wrote their own papers valued them as highly as the Al-written papers, even though the Al-written papers 8 .....

This isn't a uniquely human characteristic. Studies going back decades have found that, after prior conditioning, animals—including desert locusts, pigeons, starlings, gerbils, rats, macaques, and

<b>Participant Number:</b>	
----------------------------	--

chimpanzees—will choose to work for food, such as by pressing a lever, even when identical snacks are available in a nearby dish. But **9** ... : as the animals successively get hungrier, or as the lever gets harder to press, there comes a point when they choose the "free" food instead.

Similarly, for many of us, something like building IKEA furniture probably needs to hit on the right effort balance, says Inzlicht. If the first step in the instruction manual sent us into the woods to chop down a tree, it is unlikely that many of us **10** ... . This relates to the idea of a "flow state", which posits that there is a sweet spot when it comes to finding effort rewarding—any exertion should be just challenging enough to be stimulating, but not so much that it becomes frustrating.

A even if the outcome remains identical

**B** would view the process as being worth it

C steered clear of hitting a physical limit

D this has been largely debunked

**E** were rated objectively better

F in spite of those efforts being so gruelling

G often value the IKEA bookshelf more

**H** others might find them easy

I choose to assemble it ourselves

J this is true only under certain conditions

**K** required some effort

L because it was a struggle to assemble

**M** don't engage in effort

Total	points:	/10pts
-------	---------	--------

Participant Number:	

#### LISTENING COMPREHENSION

You will listen to a report about recent research on the flying strategies used by hummingbirds. For questions 1 to 5, circle one correct answer according to the information you hear. You will hear the text only once.

<ul> <li>1. Hummingbirds are different from other bird species because</li> <li>A. they can squeeze into spaces smaller than their size</li> <li>B. their wings are not foldable at the joints</li> <li>C. they feed only on nectar from flowers</li> <li>D. their movement requires a constant inflow of energy</li> </ul>
<ul> <li>2. To train the hummingbirds to fly through gaps, the researchers used a wall located in the middle of the flight arena.</li> <li>A. with an opening smaller than their size</li> <li>B. with a flower-shaped opening</li> <li>C. with several openings of varying size</li> <li>D. with an opening comparable to their wingspan</li> </ul>
3. Unlike the sideways strategy, in the bullet strategy the hummingbirds while passing through the gap.  A. kept only one wing fluttering B. moved their wings more quickly C. flapped their wings in the opposite direction D. completely stopped flapping their wings
<ul> <li>4. As the number of attempts to pass through the openings increased, the hummingbirds</li> <li>A. kept their original flying strategy unchanged</li> <li>B. preferred to navigate the gaps in a bullet-like manner</li> <li>C. passed through the circles without major collisions</li> <li>D. chose openings of a specific size to pass through</li> </ul>
5. When faced with the smallest opening, the more cautious birds  A. had more difficulty passing through it  B. hit their wings against the partition  C. shot through it beak-first like a bullet  D. took more time to assess its size  Total points:/5pts

### Zoznam použitej literatúry:

Free, C. 2024. Tiny new neighbours. *Reader's Digest Australia*, August/September 2024, pp. 93-95. Grigsby, L. L. 2024. *The secret to thriving in the winter? Embrace it, don't fight it.* [Accessed 2024-12-28]. Available from: <a href="https://www.nationalgeographic.com/history/article/winter-season-change-ancient-culture">https://www.nationalgeographic.com/history/article/winter-season-change-ancient-culture</a>

Ruggeri, A. 2024. The effort paradox. New Scientist, 5 October 2024, pp. 37-39.

Autorka: PhDr. Xenia Liashuk, PhD. Recenzentka: PaedDr. Anna Brisudová

Korektor: Joshua M. Ruggiero

Olympiáda v anglickom jazyku – krajské kolo 2024/2025

Vydal: NIVAM – Národný inštitút vzdelávania a mládeže, Bratislava 2025