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A N S W E R K E Y

GRAMMAR – 15pts

- | | |
|----------------|---------------|
| 1. C there | 16. B moving |
| 2. B looked | 17. A bit |
| 3. A that | 18. C arrived |
| 4. B don't | 19. A more |
| 5. C the | 20. A have |
| 6. A makes | 21. C hadn't |
| 7. D might | 22. A the |
| 8. A had slept | 23. B to |
| 9. B said | 24. A might |
| 10. C on | 25. D who |
| 11. B get | 26. B shouted |
| 12. D someone | 27. A was |
| 13. C very | 28. C thought |
| 14. A to | 29. C would |
| 15. C seemed | 30. B are |

VOCABULARY – 10pts

- | | |
|------------------|------------------|
| 1. cloudless | 6. introduction |
| 2. retired | 7. impressions |
| 3. neighbourhood | 8. natural |
| 4. historical | 9. international |
| 5. scientific | 10. growth |

READING COMPREHENSION – 10pts

A

1 H 2 E 3 A 4 C 5 F

B

1 B 2 D 3 C 4 A 5 B

LISTENING COMPREHENSION – 5pts

1 F 2 NS 3 F 4 T 5 F 6 F 7 F 8 T 9 F 10 NS

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LISTENING TAPESCRIPT

(Please read twice.)

You will hear an article titled '3 Tips on How to Study Effectively.' Pay close attention and for each statement, decide whether it is true (T), false (F), or not stated in the article (NS). Circle the correct answer for each statement. You can score up to five points in this exercise.

3 Tips on How to Study Effectively

Medical students learn many techniques and procedures to save lives during their training. Remembering these skills can be a matter of life and death. A study in 2006 showed how important this is. The study divided doctors learning to stitch arteries into two groups. Both groups used the same study materials, but one used a different study technique. A month later, this group performed surgeries much better.

Why did this happen? Let's discover the secret to that group's success, along with two other effective study techniques. To understand why these methods work, we must first understand how our brain learns and remembers things.

Say you're trying to memorise the anatomy of the heart. When you're learning something new, the memory is stored in neurons in a part of the brain called the hippocampus. As you continue studying about the heart in class or for an exam, you reactivate these neurons. This process makes the memories stronger and helps move them to long-term memory in another part of the brain, the neocortex.

How information becomes long-term is still not completely understood, but scientists think it happens between study sessions and during sleep. During these times, the new knowledge is integrated with what you already know, like how to measure heart rate or the anatomy of other organs. Every time you remember the heart's anatomy, you reactivate the long-term memory. This allows the knowledge to be updated with new information and strengthened.

Now, let's talk about the first study technique. It involves testing yourself with flashcards and quizzes. This technique forces you to actively remember information, which strengthens your memory. Students often prefer other study methods, like rereading textbooks and highlighting notes. But these might make you think you know more than you do since the information is right in front of you. Testing yourself, however, gives a more accurate measure of what you know. But what if you can't remember the answers while doing this? Making mistakes can improve learning in the long term. As you try to remember the answer, you activate related knowledge, and when the correct answer is later learned, the brain can better integrate this information.

Our second technique builds on the first. When you use flashcards, it's good to mix different subjects together. This method, called interleaving, means studying various topics in one session. Switching between topics forces your brain to forget and then remember the information, which makes your memory stronger. You may also discover connections between topics and understand their differences better.

Now, let's discuss the third technique, which is about timing. It's better to spread your study over several days. This gives you time to rest and sleep. Even when you're not actively studying, your brain is still busy transferring what you've learned into long-term memory. So, studying the night before the exam might seem like a good idea, but the knowledge might not stay in your memory for long.

This brings us back to our medical students. Both groups studied the surgery for the same amount of time. But one group did all their studying in one day, while the other, more successful group, spread their studying over four weeks. All three of these study techniques work because they're designed with the brain in mind. They help and support the amazing way our brains deal with and keep all the information they receive every day.

(Adapted from *3 Tips on How to Study Effectively*, TED-Ed, October 10, 2023. [online].

Retrieved from: [TED-Ed: 3 tips on how to study effectively | TED Talk](#))

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S P E A K I N G – R O L E P L A Y

STUDENT

You want to start a school blog or podcast in English covering various student interests (sports, arts, science, etc.) in order to reach a wider audience and promote your school internationally. Pitch your idea to your English teacher, who is a native speaker, including:

- a) the goals and themes of the blog or podcast,
- b) how you plan to involve other students as contributors or guests,
- c) the technical and material resources you need to start the project.

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S P E A K I N G – R O L E P L A Y

TEACHER

You are an English teacher from an English-speaking country who has been approached with an idea. Provide feedback by:

- a) questioning the student on their plan for content creation and management,
- b) offering suggestions for promoting the blog or podcast to the school community and internationally,
- c) discussing potential challenges in maintaining regular content.

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SPEAKING – PICTURES

Imagine you have just discovered a way to travel through time! Create a story about an exciting journey into the past or future. Your story should include

- a) your reason for time travelling,
- b) an unexpected twist during the journey, and
- c) the consequences of your travels on the present or future.

Base your story on the following images.



(AI generated image)



(AI generated image)



(AI generated image)

Autorka: Mgr. Zuzana Sucháňová, PhD.

Recenzentka: PaedDr. Anna Brisudová

Korektor: Joshua M. Ruggiero

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