**Speaking**

Discuss these questions.

1 Why do schoolchildren in our country change schools?   
2 Have you ever changed schools? If yes, when and why?   
3 How did you feel when you moved from primary to secondary school?   
4 What is your feeling now that you have changed schools?

**Writing**

Write a letter expressing your opinion about school uniform. Ask also your friend’s opinion.

**Reading**

Match the titles and the texts. There’s the extra one.

1.

When we don’t sleep

5.

Why dreams can be scary

2.

Not only for humans

6.

What we feel dreaming

3.

How dreaming helps

7.

How we forget dreams

4.

When we dream

8.

How we remember dreams

**A.**

Even though our dreams may feel like they last for hours and hours, we hardly

spend more than two hours dreaming each night, which means a person spends

a total of nearly six years dreaming throughout a lifetime. In general there are

four phases of the sleep cycle and all dreaming occurs practically at the final

phase. Each of these sleep cycles lasts approximately 60 to 90 minutes and may

repeat several times throughout the night.

**B.**

Anxiety is the most popular emotion experienced in dreams. Many people

dream of falling, which is often connected to something in our lives that is

going in the wrong direction. In addition, dreams of being chased are very

common and are linked to avoidance. Also people report dreams about their

teeth falling out, which is related to the words and communication we might

have in real life.

**C.**

Dreaming helps people make sense of the information and events that occur in

their lives. Dreams play an important role in processing and remembering

information that we absorb daily. Also, they help reduce stress and even solve

problems. It’s very possible to work through real-life problems while dreaming

at night. In addition, dreams provide a lot of important content and meaning

that can be used to inspire and direct our lives during the day.

**D.**

Nearly 5 to 10% of adults have nightmares. There are several reasons for it, for

example when people start taking certain medications or when they withdraw

from drugs. Some physical conditions, such as stress or illness, can also be

a trigger. However, in some cases adults may have frequent nightmares that are

unrelated to their everyday lives, which may signify that they are more

creative, sensitive, and emotional than the average person.

**E.**

There is no person who does not have dreams, but not everybody recalls them.

The most vivid dreams happen during the Rapid Eye Movement sleep stage

when the brain is extremely active and the eyes move back and forth quickly

underneath the eyelids. Although dream recall varies from person to person,

some people have little or no recollection of the content, and around 90% of

dreams are gone following the first 10 minutes of waking up.

**F.**

Scientists have found that animals also dream and their subconscious thoughts

are connected to real experiences. Animals’ dreams are complex, containing

long sequences of events. Animals’ brains share the same series of sleeping

states as the brain of human beings. Analyzing animals’ dreams and the content

of their dreams may help scientists treat memory disorders and develop new

ways for people to learn and retain information more effectively.

**G.**

Only five minutes after the end of a dream and half of the content is likely to

vanish from our memories. It’s not that dreams aren’t important enough to

keep in mind, but other things tend to get in the way. Dream researcher L.

Strumpell believes that dreams disappear from our memories for a number of

factors. For example, we may not recall dream images that lack intensity,

association or repetition, which are usually needed for dream recall.

**Use of English**

**Difficult landing**

One airline had a policy that required the first officer to stand at

the door while the passengers exited. He smiled and thanked

them for \_\_\_\_FLY\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the airline.

A pilot on this airline landed his plane into the runway really

hard. He thought that passengers \_\_\_\_\_\_\_HAVE\_\_\_\_\_\_\_\_\_\_\_ angry

comments.

However, it seemed that all of \_\_\_\_\_\_\_\_\_\_\_THEY\_\_\_\_\_\_\_ were too

shocked to say anything. Finally, everyone got off except for

a little old lady. She said, ‘Can I ask you a question?’ ‘Yes,

Madam,’ said the pilot. ‘What was it?’ the lady asked, ‘Did we

land or were we shot down?’

Choose the correct variant:

**After the war**

When the war ended I returned to Trinity College and was granted an extra

year to complete my degree. **1** \_\_\_\_\_\_\_ my father and mother considered my

grant at Trinity the highlight of the year, I thought Dad’s receiving an award from

the Queen was more important.

The ceremony turned **2** \_\_\_\_\_\_\_ to be a double delight, because I was able

to witness my old tutor, Professor Bradford, receive his award for the role he had

played in the field of breaking German military codes **3** \_\_\_\_\_\_\_ the war. I was

proud of our little team working under Professor Bradford – as Churchill stated in

the House of Commons, we had probably cut the length of the war by a year.

We all met up afterwards for tea at the Ritz, and not unnaturally at some

**4** \_\_\_\_\_\_\_ during the afternoon the conversation switched to what career I

proposed to follow now the war was over. To my father’s credit he had never once

**5** \_\_\_\_\_\_\_ that I should join him at the family company, especially as I knew

how much he had longed for another son who might eventually **6** \_\_\_\_\_\_\_ his

place. In fact, during the summer vacation I became even more conscious of my

good fortune, as Father seemed to be preoccupied with the business and Mother

was unable to hide her own anxiety about the future of the company. But whenever

I asked if I could help all she would **7** \_\_\_\_\_\_\_ was, “Don’t worry, it will all

work out in the end.”

1)

1) although 2) therefore 3) moreover 4) however

2)

1) off 2) into 3) out 4) over

3)

1) until 2) unless 3) during 4) while

4)

1) event 2) occasion 3) case 4) Point

5)

1) offered 2) proposed 3) suggested 4) presented

6)

1) take 2) hold 3) keep 4) make

7)

1) tell 2) speak 3) talk 4) say