

The Second Term English Exam	level: TCST	Duration : 2h	March 2025
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Read the text carefully then do the activities

Parental anxiety is becoming more common worldwide, caused by worries about children's health, school success, and social life. Things like pressure from society, money problems, and social media make this anxiety worse. Dr. Jennifer Abbasi, a clinical psychologist, explains that parents feel more stressed because of society's expectations, especially when it comes to **their** children's school performance. A 2021 survey by the American Psychological Association found that 68% of parents were stressed about their children's academic performance during exams.

This anxiety can affect parents' health, causing exhaustion, depression, and problems like sleeplessness and high blood pressure. Dr. James S. Gordon, a psychiatrist, says that constant anxiety can weaken the immune system, making parents more likely to get sick. Children of anxious parents may also feel more stress, struggle in school, and face emotional problems. The National Institutes of Health (2020) reports that 40% of parents with children who have mental health problems also feel more anxious

A 2022 Pew Research Center survey found that 53% of parents feel pressure to meet society's expectations of good parenting. Dr. Susan Albers, a psychologist **who** focuses on family stress, says it's important to help parents manage their anxiety so they can create healthier family environments

American Psychological Association (APA) (2021) Stress in America

A/ Comprehension / Interpretation. (8 pts.)

1. Say if the statements below are “True” or “False” according to the text: (2pts)

- a. Parental anxiety is only caused by financial stress.
- b. Dr. Jennifer Abbasi believes that social expectations put stress on parents.
- c. Anxious parents have a positive impact on their children’s well-being
- d. Dr. James S. Gordon mentions that constant anxiety can make parents more vulnerable to illness.

2. Answer the following questions according to the text. (3 pts.)

- a. What are some factors that contribute to parental anxiety?
- b. How does parental anxiety affect parents' health?
- c. What are the effects do parental anxiety have on their children?

3. What or who do the underlined words refer to in the text? (1 pt)

Their (§2) =..... b- who (§3) =.....

4. In which paragraph it is mentioned that stress influences on parent’s physical attitude? (1pt)

5. Choose the best title for the text. (1 pt)

- 1/ The impact of social media on parents and children.
- 2/ How parental stress affects family well-being.
- 3/ The growing issue of parental anxiety.

Text Exploration (7 pts.)

1. Find in the text words which are:

synonym to: (0,5) a- worried (§1)=

b- predictions (§3)=

opposite to : (0,5) a. unimportant (§3) ≠

b-strengthen (§2) ≠

2. Complete the table below: (2pt)

Verb	Noun	Adjective
To study		
	gathering	
		interviewed

3. Re-write the sentence “B” so that it means the same as sentence “A”: (3 pts.)

A/ “Why are you upset today, Lina. ?”Mum said:

B/ Mum said

A/ The doctor asked:” Does she feel better?”

B/ The doctor asked.....

A/ The teacher advised:” Don’t be frustrated in exams.”

B/ The teacher advised

4. Circle the silent letters in the following words: (1pt)

Knowledge listen psychologist which

PART TWO: Written expression: _____ choose one topic

Topic one: Study the following questionnaire and write a report about the topic.

Start like this: We are conducting a survey to explore.....

Teenager’s Academic stress questionnaire results	
Number of informants: 50 (male and female)	Age: 14- 18 (Teenagers)
1- Are you a stressed person?	
Yes (45)	No (5)
2- When do you feel yourself stressed?	
when given much homework (20)	when preparing for exams (30)
3. What happened when you feel anxious?	
Difficulty of assimilating lessons (25)	lack of concentration (25)
4. What makes you worried ?	
Parent’s expectations (15)	afraid of getting bad marks (35)

Topic Two: Imagine, you are a journalist. Write a paragraph reporting an accident that happened to your friend. **Don’t forget to use the reported speech.**

Correction

1. Say if the statements below are “True” or “False” according to the text: (2pts)

- a. Parental anxiety is only caused by financial stress. **False**
- b. Dr. Jennifer Abbasi believes that social expectations put stress on parents. **True**
- c. Anxious parents have a positive impact on their children’s well-being **False**
- d. Dr. James S. Gordon mentions that constant anxiety can make parents more vulnerable to illness. **True**

2. Answer the following questions according to the text. (3 pts.)

a. What are some factors that contribute to parental anxiety?

The factors that contribute to parental anxiety are caused by worries about children's health, school success, and social life

b. How does parental anxiety affect parents' health?

It affects parental anxiety by causing exhaustion, depression, and problems like sleeplessness and high blood pressure

c. What are the effects do parental anxiety have on their children?

The effects are: feel more stress, struggle in school, and face emotional problems.

3. What or who do the underlined words refer to in the text? (1 pt)

Their (§2) parents

b- who (§3) = Dr. susan Albert

4. Choose the best title for the text. (1 pt) How parental stress affects family well-being.

Text Exploration (7 pts.)

1. Find in the text:

a- worried (§1) = **stressed**

b- predictions (§3) = **expectations**

a. unimportant (§3) ≠ **important**

b- strengthen (§2) ≠ **weaken**

2. Complete the table below: (2pt)

Verb	Noun	Adjective
To study	study	studied
To gather	gathering	gathered
To interview	interviewing	interviewed

3. Re-write the sentence “B” so that it means the same as sentence “A”: (3 pts.)

A/ “Why are you upset today, lyna.” Mum said:

B/ Mum said **why she was upset that day.**

A/ The doctor asked:” Does she feel better?”

B/ The doctor asked **if she felt better.**

A/ The teacher advised:” Don’t be frustrated in exams.”

B/ The teacher advised **not to be frustrated in exams**

4. Circle the silent letters in the following words: (1pt)

Knowledge **l**isten **p**sychologist **w**hich