



IELTS Mock Test 2020 October Reading Practice Test 2

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READING PASSAGE 1

You should spend about 20 minutes on Questions 1-13, which are based on Reading Passage 1 below.



CONTROLLING DEATHWATCH BEETLES

All of the organisms that damage timber in buildings are part of the natural process that takes dead wood to the forest floor, decomposes it into humus, and recycles the nutrients released back into trees. Each stage in this process requires the correct environment and if we replicate this in our buildings then the organisms belonging to that part of the cycle will invade. A poorly maintained roof is, after all, just an extension of the forest floor to a fungus.

The first fact to remember about deathwatch beetles in your building is that they have probably been there for centuries and will continue long after you have gone. Beetle damage in oak timbers is a slow process and if we make it slower by good maintenance then the beetle population may eventually decline to extinction. The second fact is that natural predation will help you. Spiders are a significant predator and will help to keep the beetle population under control. They will speed up the decline of a beetle population in a well-maintained building.

The beetles fly to light and some form of light trap may help to deplete a population. The place in which it is used must be dark, so that there is no competing light source, and the air temperature must rise above about 17°C during the emergence season (April to June) so that the beetles will fly. Beetle holes do not disappear when the beetles have gone so it is sometimes necessary to confirm active infestation if remedial works are planned. This is generally easy with beetle damage in sapwood because the holes will look clean and have sharp edges, usually with bore dust trickling from them. Infestation deep within modified heartwood is more difficult to detect, particularly because the beetles will not necessarily bite their own emergence holes if plenty of other holes are available. This problem may be overcome by clogging the suspected holes with furniture polish or by covering a group of holes tightly with paper or card. Any emerging beetles will make a hole that should be visible, so that the extent and magnitude of the problem can be assessed. Unnecessary pesticide treatments must be avoided.

Sometimes a building cannot be dried enough to eradicate the beetles or a localised population will have built up unnoticed. A few scattered beetles in a building need not

cause much concern, but dozens of beetles below a beam-end might indicate the need for some form of treatment if the infested timber is accessible. Insecticides formulated as a paste can be effective - either applied to the surface or caulked into pre-drilled holes - but the formulations may only be obtainable by a remedial company.

Surface spray treatments are generally ineffective because they barely penetrate the surface of the timber and the beetles' natural behaviour does not bring it into much contact with the insecticide. Contact insecticides might also kill the natural predators.

Heat treatments for entire buildings are available and the continental experience is that they are effective. They are also likely to be expensive but they may be the only way to eradicate a heavy and widespread infestation without causing considerable structural degradation of the building.

Two other beetles are worth a mention.

The first is the House Longhorn Beetle (*Hylotrupes bajulus*). This is a large insect that produces oval emergence holes that are packed with little cylindrical pellets. The beetles restrict their activities to the sapwood of 20th century softwood, although there is now some evidence that they will attack older softwood. The beetle larvae can cause considerable damage but infestation has generally been restricted to the southwest of London, possibly because they need a high temperature before the beetles will fly. Old damage is, however, frequently found elsewhere, thus indicating a wider distribution in the past, and infested timber is sometimes imported. This is an insect that might become more widespread because of climate change.

The second is the Lyctus or powderpost beetle. There are several species that are rather difficult to tell apart. These beetles live in the sapwood of oak. The beetles breed rapidly so that many cylindrical beetles may be present and the round emergence holes resemble those of the furniture beetle. This is, and has always been, a pest of newly-installed oak. Timbers with an exploded sapwood surface are frequently found in old buildings and the damage will have occurred during the first few decades after the timbers were installed. Our main interest with these beetles is that they seem to have become more common of late. Beetle infestation within a few months of a new oak construction will be Lyctus beetles in the sapwood and not furniture beetles. The problem can be avoided by using oak with minimal sapwood content. The beetle infestation will cease after a few years but spray treatment may be necessary if an infestation is heavy.

Questions 1-4

Complete each sentence with the correct ending A - H below.

Write the correct ending A - H in spaces 1-4 below.

1

One species of the beetle population may spread

- 2 You can detect the presence of beetles
- 3 You may kill household spiders
- 4 Beetles will disappear at a faster rate

A	If the building is kept in good condition.
B	If you clog the suspected holes with furniture polish, paper or card.
C	If the temperature rises to above about 17°C during the emergence season.
D	If you use a contact insecticide
E	If it was installed a few decades earlier
F	if changes in weather patterns continue.
G	If the use of surface treatments is avoided.
H	If the wood has a low sapwood concentration.

Questions 5-9

Do the following statements agree with the information given in Reading Passage 1?

In spaces 5 - 9 below, write

TRUE	if the statement agrees with the information
FALSE	if the statement contradicts the information
NOT GIVEN	If there is no information on this

- 5 Infestation by beetles deep within modified heart wood can be identified by the type of hole visible.
- 6 Clogging a hole with furniture polish or paper will trap the beetle inside permanently.
- 7 Paste insecticides are less effective than any other kind.
- 8 Surface spray treatments are sometimes effective for the House Longhorn Beetle
- 9 Heat treatments tend to cause less damage than other treatments.

Questions 10-13

Choose the correct letter A, B, C or D.

10 The point the writer makes about deathwatch beetles is that

- ☐ A they must be eliminated quickly.
- ☐ B only natural predation will keep them under control.
- ☐ C with good maintenance it may be possible to eliminate them.
- ☐ D they are here to stay and do great damage.

11 One way to trap deathwatch beetles is to attract them to

- ☐ A daylight.
- ☐ B a totally dark environment.
- ☐ C a constantly warm environment.
- ☐ D a light trap in a dark place.

12 Surface spray treatments are not effective because

- ☐ A the beetles are immune to them.
- ☐ B they do not reach the beetles.
- ☐ C they react poorly to wooden surfaces.
- ☐ D they attract other harmful creatures.

13 Damage by the House Longhorn Beetle is sometimes found further afield than London because

- ☐ A temperatures have increased.
- ☐ B the timber was not local timber.
- ☐ C there was no effective treatment previously.
- ☐ D the type of timber has changed.

READING PASSAGE 2

You should spend about 20 minutes on Questions 14-26, which are based on Reading Passage 2 below.



Therapeutic Jurisprudence: An Overview

Therapeutic jurisprudence is the study of the role of the law as a therapeutic agent. It examines the law's impact on emotional life and on psychological well-being, and the therapeutic and antithera-peutic consequences of the law. It is most applicable to the fields of mental health law, criminal law, juvenile law and family law.

The general aim of therapeutic jurisprudence is the humanising of the law and addressing the human, emotional and psychological side of the legal process. It promotes the perspective that the law is a social force that produces behaviours and consequences. Therapeutic jurisprudence strives to have laws made or applied in a more therapeutic way so long as other values, such as justice and due process, can be fully respected. It is important to recognise that therapeutic jurisprudence does not itself suggest that therapeutic goals should trump other goals. It does not support paternalism or coercion by any means. It is simply a way of looking at the law in a richer way, and then bringing to the table some areas and issues that previously have gone unnoticed. Therapeutic jurisprudence simply suggests that we think about the therapeutic consequences of law and see if they can be factored into the processes of law-making, lawyering, and judging.

The law can be divided into the following categories: (1) legal rules, (2) legal procedures, such as hearings and trials and (3) the roles of legal actors - the behaviour of judges, lawyers, and of therapists acting in a legal context. Much of what legal actors do has an impact on the psychological well-being or emotional life of persons affected by the law, for example, in the dialogues that judges have with defendants or that lawyers have with clients. Therefore, therapeutic jurisprudence is especially applicable to this third category.

Therapeutic jurisprudence is a relatively new phenomenon. In the early days of law, attitudes were very different and efforts were focused primarily on what was wrong with various sorts of testimony. While there were good reasons for that early emphasis, an exclusive focus on what is wrong, rather than also looking at what is right and how these aspects could be further developed, is seriously shortsighted. Therapeutic jurisprudence focuses attention on this previously under-appreciated aspect, encouraging us to look very hard for promising developments, and to borrow from the behavioural science literature, even when this literature has nothing obviously to do with the law. It encourages people to think creatively about how promising developments from other fields might be brought into the legal system.

Recently, as a result of this multidisciplinary approach, certain kinds of rehabilitative programmes have begun to emerge that look rather promising. One type of cognitive behavioural treatment encourages offenders to prepare relapse prevention plans which require them to think through the chain of events that lead to criminality. These reasoning and rehabilitation-type programmes teach offenders cognitive self-change, to stop and think and figure out consequences, to anticipate high-risk situations, and to learn to avoid or cope with them. These programmes, so far, seem to be reasonably successful.

From a therapeutic jurisprudence standpoint, the question is how these programmes might be brought into the law. In one obvious sense, these problem-solving, reasoning and rehabilitation-type programmes can be made widely available in correctional and community settings. A way of linking them even more to the law, of course, would be to make them part of the legal process itself. The suggestion here is that if a judge or parole board becomes familiar with these techniques and is about to consider someone for probation, the judge might say, 'I'm going to consider you but I want you to come up with a preliminary relapse prevention plan that we will use as a basis for discussion. I want you to figure out why I should grant you probation and why I should be comfortable that you're going to succeed. In order for me to feel comfortable, I need to know what you regard -to be high-risk situations and how you're going to avoid them or cope with them.'

If that approach is followed, courts will be promoting cognitive self-change as part and parcel of the sentencing process itself. The process may operate this way; an offender would make a statement like 'I realise I mess up on Friday nights; therefore, I propose that I will stay at home on Friday nights.' Suddenly, it is not a judge imposing something on the offender. It's something that the offender has come up with him or herself, so he or she should think it is fair. If a person has a voice in his rehabilitation, then he is more likely to feel a commitment to it, and with that commitment, presumably, compliance will increase dramatically.

Questions 14-20

Complete the notes below.

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Choose **NO MORE THAN ONE WORD** from the passage for each answer.

NOTES: Therapeutic Jurisprudence

Therapeutic Jurisprudence: study of the law as a therapeutic 14 _____ and the therapeutic and 15 _____ consequences of the law.

Goal:

the 16 _____ of the law, but NOT at the expense of 17 _____ and due process

Applicable to:

especially applicable to the role of legal 18 _____ such as judges and lawyers

Therapeutic jurisprudence = new attitude

1. It asks people to seek out 19 _____ developments, not problems.
2. It urges people to think 20 _____ and borrow from other fields.

Questions 21-23

Complete the sentences.

Choose **NO MORE THAN THREE WORDS** from the passage for each answer.

One aspect of cognitive behavioural treatment includes the preparation of 21 _____ by offenders.

The treatment requires offenders to consider the 22 _____ that lead to a crime being committed.

Treatment programmes encourage offenders to recognise 23 _____ before they happen, and know what to do in case they do happen.

Questions 24-26

Do the following statements agree with the information given in Reading Passage 2?

In spaces 24-26 below, write

TRUE	if the statement agrees with the information
FALSE	if the statement contradicts the information
NOT GIVEN	If there is no information on this

- 24 The use of rehabilitative programmes has been proved to greatly reduce the chance of a criminal re-offending.
- 25 Therapeutic jurisprudence aims to make cognitive behavioural treatment a part of the legal process itself.
- 26 Offenders might be encouraged by judges to take part in deciding what their punishment should be.

READING PASSAGE 3

You should spend about 20 minutes on Questions 27 - 40, which are based on Reading Passage 3 below.



SLEEP

WHY WE SLEEP

As the field of sleep research is still relatively new, scientists have yet to determine exactly why people sleep. However, they do know that humans must sleep and, in fact, people can survive longer without food than without sleep. And people are not alone in this need. All mammals, reptiles and birds sleep.

Scientists have proposed the following theories on why humans require sleep:

- Sleep may be a way of recharging the brain. The brain has a chance to shut down and repair neurons and to exercise important neuronal connections that might otherwise deteriorate due to lack of activity.
- Sleep gives the brain an opportunity to reorganise data to help find a solution to problems, process newly-learned information and organise and archive memories.
- Sleep lowers a person's metabolic rate and energy consumption.
- The cardiovascular system also gets a break during sleep. Researchers have found that people with normal or high blood pressure experience a 20 to 30% reduction in blood pressure and 10 to 20% reduction in heart rate.
- During sleep, the body has a chance to replace chemicals and repair muscles, other tissues and aging or dead cells.
- In children and teenagers, growth hormones are released during deep sleep.

When a person falls asleep and wakes up is largely determined by his or her circadian rhythm, a day-night cycle of about 24 hours. Circadian rhythms greatly influence the timing, amount and quality of sleep.

For many small mammals such as rodents, sleep has other particular benefits, as it provides the only real opportunity for physical rest, and confines the animal to the thermal insulation of a nest. In these respects, sleep conserves much energy in such mammals, particularly as sleep can also develop into a torpor, whereby the metabolic rate drops significantly for a few hours during the sleep period. On the other hand, humans can usually rest and relax quite adequately during wakefulness, and there is only a modest further energy saving to be gained by sleeping. We do not enter torpor, and the fall in metabolic rate for a human adult sleeping compared to lying resting but awake is only about 5-10%.

A sizeable portion of the workforce are shift workers who work and sleep against their bodies' natural sleep-wake cycle. While a person's circadian rhythm cannot be ignored or reprogrammed, the cycle can be altered by the timing of things such as naps, exercise, bedtime, travel to a different time zone and exposure to light. The more stable and consistent the cycle is, the better the person sleeps. Disruption of circadian rhythms has even been found to cause mania in people with bipolar disorder.

The 'seven deadly sins' formulated by the medieval monks included Sloth. The Bible in Proverbs 6:9 includes the line: 'How long will you sleep, O sluggard? When will you arise out of your sleep?' But a more nuanced understanding of sloth sees it as a disinclination to labour or work. This isn't the same as the desire for healthy sleep. On the contrary, a person can't do work without rest periods and no one can operate at top performance without adequate sleep. The puritan work ethic can be adhered to and respect still paid to the sleep needs of healthy humans. It is wrong to see sleep as a shameful activity.

Usually sleepers pass through five stages: 1, 2, 3, 4 and REM (rapid eye movement) sleep. These stages progress cyclically from 1 through REM then begin again. A complete sleep cycle takes an average of 90 to 110 minutes. The first sleep cycles each night have relatively short REM sleeps and long periods of deep sleep but later in the night, REM periods lengthen and deep sleep time decreases. Stage 1 is light sleep where you drift in and out of sleep and can be awakened easily. In this stage, the eyes move slowly and muscle activity slows. During this stage, many people experience sudden muscle contractions preceded by a sensation of falling. In stage 2, eye movement stops and brain waves become slower with only an occasional burst of rapid brain waves. When a person enters stage 3, extremely slow brain waves called delta waves are interspersed with smaller, faster waves. In stage 4, the brain produces delta waves almost exclusively. Stages 3 and 4 are referred to as deep sleep, and it is very difficult to wake someone from them. In deep sleep, there is no eye movement or muscle activity. This is when some children experience bedwetting, sleepwalking or night terrors.

In the REM period, breathing becomes more rapid, irregular and shallow, eyes jerk rapidly and limb muscles are temporarily paralysed. Brain waves during this stage increase to

levels experienced when a person is awake. Also, heart rate increases, blood pressure rises and the body loses some of the ability to regulate its temperature. This is the time when most dreams occur, and, if awoken during REM sleep, a person can remember their dreams. Most people experience three to five intervals of REM sleep each night. Infants spend almost 50% of their time in REM sleep. Adults spend nearly half of sleep time in stage 2, about 20% in REM and the other 30% is divided between the other three stages. Older adults spend progressively less time in REM sleep.

As sleep research is still a relatively young field, scientists did not discover REM sleep until 1953, when new machines were developed to monitor brain activity. Before this discovery it was believed that most brain activity ceased during sleep. Since then, scientists have also disproved the idea that deprivation of REM sleep can lead to insanity and have found that lack of REM sleep can alleviate clinical depression although they do not know why. Recent theories link REM sleep to learning and memory.

Questions 27-30

Choose the correct letter, A, B, C or D.

27 Among other functions, sleep serves to

- ☐ A help the adult body develop physically.
- ☐ B push daily problems from our minds.
- ☐ C accelerate the learning process significantly.
- ☐ D re-energise parts of the brain.

28 'Torpor' can be described as

- ☐ A a very deep sleep.
- ☐ B a long state of hibernation.
- ☐ C the sleep all non-human mammals experience.
- ☐ D a light sleep.

29 Unlike small mammals, humans

- ☐ A don't sleep to conserve energy.
- ☐ B don't sleep properly.
- ☐ C save only a small amount of energy by sleeping.

- D** ☐ show no decrease in their metabolic rate when they sleep.

30 In stage 3 deep sleep

- A** ☐ the eyes move slowly and there's little muscle activity.
- B** ☐ there is an alternation of delta waves and small fast waves.
- C** ☐ there is an occasional burst of rapid brain waves.
- D** ☐ there are no small fast waves.

Questions 31-35

Complete the flow-chart below.

Write **NO MORE THAN THREE WORDS** for each answer.

The Stages of Sleep

The individual drifts in and out of consciousness and can be woken up easily as they are only in a 31 _____. Eye movement is slow and there is reduced muscle activity.
↓
the speed of 32 _____ activity slows and all movement of the eyes tends to stop.
↓
Brain activity is dominated by delta waves, with a scattering of 33 _____ also in evidence.
↓
In a state of 34 _____, the brain emits delta waves almost exclusively. It is hard to wake the individual.
↓
A period of rapid eye movement follows, during which 35 _____ patterns are not consistent and limb muscles enter a temporary state of paralysis.

Questions 36-40

Complete the summary.

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Choose **NO MORE THAN TWO WORDS** from the passage for each answer.

Sleep is so essential to a person that he can actually go longer without food than without sleep. During sleep, the brain has the chance to close down and do some repair work on neuronal connections which could otherwise 36 _____ in a state of inactivity. Sleep also gives the brain the opportunity to organise data, especially newly-learned information.

During this rest period, the 37 _____ drops and energy consumption goes down. At the same time, the cardiovascular system has a much-needed rest. While they go into a deep sleep, humans don't fall into 38 _____, unlike some small animals such as rodents. A 39 _____ of 24 hours is described as a person's 40 _____, and this greatly influences a person's amount of sleep, and the type of sleep he gets.



Solution:

14 agent

15 antitherapeutic

16 humanising

17 justice

18 actors

19 promising

20 creatively

21 relapse prevention plans

22 chain of events

23 high-risk situations

24 NOT GIVEN

25 TRUE

26 FALSE

27 D

28 A

29 C

30 B

31 light sleep

32 brain

33 smaller, faster waves

34 deep sleep

35 breathing

36 deteriorate

37 metabolic rate

38 torpor

39 day-night cycle

40 circadian rhythm

1 F

2 B

3 D

4 A

5 FALSE

6 FALSE

7 FALSE

8 NOT GIVEN

9 TRUE

10 C

11 D

12 B

13 B

Review and Explanations

14 Answer: **agent**

Keywords in Questions	Similar words in Passage
Q14: Therapeutic Jurisprudence: study of the law as a therapeutic (14)..... and the therapeutic and (15) consequences of the law.	Therapeutic jurisprudence is the study of the role of the law as a therapeutic agent . It examines the law's impact on emotional life and on psychological well- being, and the therapeutic and antithera-peutic consequences of the law.
<p>Note: The words we need to fill in are related to the definition of "Therapeutic jurisprudence", so we need to pay attention to the 1st paragraph of the passage.</p> <p>+ For Q14, from the position, we guess the missing word can be a noun. We can see the keywords "study of the law as a therapeutic" appear in the passage so it is easily to determine missing word of Q14 is agent</p>	

15 Answer: **antitherapeutic**

Keywords in Questions	Similar words in Passage
Q15: Therapeutic Jurisprudence: study of the law as a therapeutic (14)..... and the therapeutic and (15) consequences of the law.	Therapeutic jurisprudence is the study of the role of the law as a therapeutic agent . It examines the law's impact on emotional life and on psychological well- being, and the therapeutic and antithera-peutic consequences of the law.
<p>Note: The words we need to fill in are related to the definition of "Therapeutic jurisprudence", so we need to pay attention to the 1st paragraph of the passage.</p> <p>+ For Q15, from the position, we guess the missing word can be an adjective. And the key words "consequences of the law" help us find our missing word is antithera-peutic.</p>	

16 Answer: **humanising**

Keywords in Questions	Similar words in Passage
Q16: Goal: The (16) of the law, but NOT at the expense of (17) and due process	The general aim of therapeutic jurisprudence is the humanising of the law and addressing the human, emotional and psychological side of the legal process ... Therapeutic jurisprudence strives to have laws made or applied in a more therapeutic way so long as other values, such as justice and due process, can be fully respected.

Note: Thanks to the word “Goal”, we know the clue will be included in the paragraph 2, stating with “The general aim of therapeutic jurisprudence”.

+ From position, we guess the missing words of Q16 and Q17 can be nouns.

+ And the noun “humanising” right before the phrase “of the law” is also the missing word we want to find for Q16.

17 Answer: **justice**

Keywords in Questions	Similar words in Passage
<p>Q17: Goal:</p> <p>The (16) of the law, but NOT at the expense of (17) and due process</p>	<p>The general aim of therapeutic jurisprudence is the humanising of the law and addressing the human, emotional and psychological side of the legal process ... Therapeutic jurisprudence strives to have laws made or applied in a more therapeutic way so long as other values, such as justice and due process, can be fully respected.</p>
<p>Note: Thanks to the word “Goal”, we know the clue will be included in the paragraph 2, stating with “The general aim of therapeutic jurisprudence”.</p> <p>+ From position, we guess the missing words of Q16 and Q17 can be nouns.</p> <p>+ The missing word of Q17 is the one going along with the word “due process”, so that we can conclude that answer for this question is justice.</p>	

18 Answer: **actors**

Keywords in Questions	Similar words in Passage
<p>Q18: Applicable to:</p> <p>especially applicable to the role of legal (18) such as judges and lawyers</p>	<p>The law can be divided into the following categories: (1) legal rules, (2) legal procedures, such as hearings and trials and (3) the roles of legal actors - the behaviour of judges, lawyers, and of therapists acting in a legal context ... Therefore, therapeutic jurisprudence is especially applicable to this third category.</p>
<p>Note: In Q18, we have to find a noun as missing word. The keyword of this question is “Applicable to” so we need to find out the paragraph related to this one. And at the last line of the 3rd paragraph, they say “therapeutic jurisprudence is especially applicable to this third category” is the signal for us to focus on this part, and the third category” is also an important clue.</p> <p>+ At the beginning of this paragraph, we get information about this clue which is (3) the roles of legal actors - - the behaviour of judges, lawyers”, thanks to the phrase “the role of legal” and “judges and lawyers” which are compatible with the key words in question, we can be sure that the missing word of Q18 is actors.</p>	

19 Answer: **promising**

Keywords in Questions	Similar words in Passage
<p>Q19 Therapeutic jurisprudence = new attitude</p> <p>1. It asks people to seek out... developments, not problems.</p> <p>2. It urges people to think and borrow from other fields.</p>	<p>Therapeutic jurisprudence focuses attention on this previously under-appreciated aspect, encouraging us to look very hard for promising developments, and to borrow from the behavioural science literature, even when this literature has nothing obviously to do with the law. It encourages people to think creatively about how promising developments from other fields might be brought into the legal system.</p>
<p>Note: The paragraph related to the main keyword “attitude” of Q19 and Q20 is the 4th one so we need to focus on this part to find out the answers for these 2 questions.</p> <p>For Q19, according to position, we guess missing word can be an adjective. From the sentence “Therapeutic jurisprudence focuses attention on this previously under-appreciated aspect, encouraging us to look very hard for promising developments”, we can get the clue for Q19. Thanks to the phrases encouraging us to look very hard for - another expression of “asks people to seek out”, and the word “developments”, we can conclude that the answer for Q19 must be promising.</p>	

20 Answer: **creatively**

Keywords in Questions	Similar words in Passage
<p>Q20: Therapeutic jurisprudence = new attitude</p> <p>1. It asks people to seek out... developments, not problems.</p> <p>2. It urges people to think and borrow from other fields.</p>	<p>Therapeutic jurisprudence focuses attention on this previously under-appreciated aspect, encouraging us to look very hard for promising developments, and to borrow from the behavioural science literature, even when this literature has nothing obviously to do with the law. It encourages people to think creatively about how promising developments from other fields might be brought into the legal system.</p>
<p>Note: The paragraph related to the main keyword “attitude” of Q19 and Q20 is the 4th one so we need to focus on this part to find out the answers for these 2 questions.</p> <p>The missing word of Q20 can be an adverb as it appears right after the verb. We can see the keywords for Q20 are “urges people to think” and “borrow from other fields”. And we can also find out the clues related to these ones at this part, “... to borrow from the behavioural science literature... It encourages people to think creatively about how promising developments from other fields might be brought into the legal system”, in particular. These sentences help us find out the correct answer for this question, which is “creatively”.</p>	

21 Answer: **relapse prevention plans**

Keywords in Questions	Similar words in Passage
Q21: One aspect of cognitive behavioural treatment includes the preparation of by offenders.	One type of cognitive behavioural treatment encourages offenders to prepare relapse prevention plans which require them to think through the chain of events that lead to criminality
Note: With the important keyword “One aspect of cognitive behavioural treatment”, we know that the answer for this question will appear in the sentence “One type of cognitive behavioural treatment encourages offenders to prepare relapse prevention plans which require them to think through the chain of events that lead to criminality of paragraph 5. Then the two other key words “offenders” and “prepare” which are compatible with the question help us determine that “ relapse prevention plans ” is the phrase we should write down as the answer.	

22 Answer: **chain of events**

Keywords in Questions	Similar words in Passage
Q22: The treatment requires offenders to consider the that lead to a crime being committed.	One type of cognitive behavioural treatment encourages offenders to prepare relapse prevention plans which require them to think through the chain of events that lead to criminality
Note: The word “treatment” is mentioning about ‘relapse prevention plans’ in this case, so this sentence also has the clue for this Q22. And thanks to the keywords such as “require them” = “requires offenders”, “consider” = “think through” and “lead to a crime being committed” = “lead to criminality”, we can figure out the correct words for the blank are chain of events .	

23 Answer: **high-risk situations**

Keywords in Questions	Similar words in Passage
Q23: Treatment programmes encourage offenders to recognize before they happen, and know what to do in case they do happen.	These reasoning and rehabilitation-type programmes teach offenders cognitive self-change, to stop and think and figure out consequences, to anticipate high-risk situations , and to learn to avoid or cope with them.
Note: The phrase “Treatment programmes” is the signal for us to pay more attention to paragraph 5, since it is mentioning about “reasoning and rehabilitation-type programmes” from the above sentence. Because of the synonym phrases like “teach offenders” and “encourage offenders”, or “anticipate” and “recognize ... before they happen”, we are sure this statement including the answer for this question. And from the position of the blank, the phrase “ high-risk situations ” is certainly the most suitable one to fill in.	

24 Answer: **NOT GIVEN**

Keywords in Questions	Similar words in Passage
Q24: The use of rehabilitative programmes has been proved to greatly reduce the chance of a criminal re-offending.	
Note: The 2 last passages in the reading mention about rehabilitative programmes. However there is no information about this program can reduce the chance of a criminal re-offending as Q24. So we can conclude that answer of Q24 is NOT GIVEN .	

25 Answer: **TRUE**

Keywords in Questions	Similar words in Passage
Q25: Therapeutic jurisprudence aims to make cognitive behavioural treatment a part of the legal process itself.	In one obvious sense, these problem-solving, reasoning and rehabilitation-type programmes can be made widely available in correctional and community settings. A way of linking them even more to the law, of course, would be to make them part of the legal process itself
Note: The key words of Q25 appear and in compliant with the clues in the above passage from the reading help us determine that answer of Q25 must be TRUE .	

26 Answer: **FALSE**

Keywords in Questions	Similar words in Passage
Q26: Offenders might be encouraged by judges to take part in deciding what their punishment should be.	The suggestion here is that if a judge or parole board becomes familiar with these techniques and is about to consider someone for probation, the judge might say, I'm going to consider you but I want you to come up with a preliminary relapse prevention plan that we will use as a basis for discussion. If a person has a voice in his rehabilitation,....
Note: The key words in Q26 is "take part in deciding what their punishment should be". From above key words, we guess that the answer can appear in the last paragraph where the therapeutic jurisprudence might be brought into law. + In this paragraph, we can find 2 important information when it mentions that the suggestion is the judge say "I want you to come up with a preliminary relapse prevention plan" and "If a person has a voice in his rehabilitation." From the above information, we can figure out that the offenders are encouraged to take part in their "preliminary relapse prevention plan" or "rehabilitation", not "their punishment". Therefore we can conclude that answer of Q26 is FALSE .	

27 Answer: **D**

Keywords in Questions	Similar words in Passage
<p>Q27:</p> <p>Among other functions, sleep serves to</p> <p>help the adult body develop physically.</p> <p>push daily problems from our minds.</p> <p>accelerate the learning process significantly.</p> <p>re-energise parts of the brain</p>	<p>Scientists have proposed the following theories on why humans require sleep:</p> <ul style="list-style-type: none"> Sleep may be a way of recharging the brain.
<p>Note: We can easily find the phrase “recharging the brain” at the first theory about the sleep in the passage, this phrase is totally compatible with answer D. so we can be sure that D. re-energise parts of the brain is one of the functions of sleep and D. is correct answer of Q27</p>	

28 Answer: **A**

Keywords in Questions	Similar words in Passage
<p>Q28: ‘Torpor’ can be described as</p> <p>a very deep sleep.</p> <p>long state of hibernation.</p> <p>The sleep all non-human mammals experience.</p> <p>a light sleep.</p>	<p>In these respects, sleep conserves much energy in such mammals, particularly as sleep can also develop into a torpor, whereby the metabolic rate drops significantly for a few hours during the sleep period</p>
<p>Note: The key word in this question is ‘Torpor’, we can see this keyword when the passage mentions “sleep can also develop into a torpor”.</p> <p>After mentioning about “torpor”, the following information can help us understand that during torpor, the metabolic rate drops significantly, which we can infer that this is a “very deep sleep”.</p> <p>So correct answer of Q28 must be A.</p>	

29 Answer: **C**

Keywords in Questions	Similar words in Passage
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<p>Q29: Unlike small mammals, humans don't sleep to conserve energy.</p> <p>don't sleep properly.</p> <p>save only a small amount of energy by sleeping.</p> <p>show no decrease in their metabolic rate when they sleep.</p>	<p>On the other hand, humans can usually rest and relax quite adequately during wakefulness, and there is only a modest further energy saving to be gained by sleeping.</p>
<p>Note: From above, we can found that the following phrases in the passage which are "humans", "modest further energy saving", "by sleeping" are compatible with answer C. save only a small amount of energy by sleeping, so we can understand that C is answer of Q29</p>	

30 Answer: **B**

Keywords in Questions	Similar words in Passage
<p>Q30: In stage 3 deep sleep the eyes move slowly and there's little muscle activity.</p> <p>there is an alternation of delta waves and small fast waves.</p> <p>there is an occasional burst of rapid brain waves.</p> <p>there are no small fast waves.</p>	<p>When a person enters stage 3, extremely slow brain waves called delta waves are interspersed with smaller, faster waves</p>
<p>Note: The first keyword that help us skim information is 'stage 3' so we will find the answer from the above sentence which mentions about stage 3.</p> <p>According to the passage, in this stage 3, "delta waves are interspersed with smaller, faster waves". The key words in this sentence are compatible with answer B. Therefore B is answer of Q30.</p>	

31 Answer: **light sleep**

Keywords in Questions	Similar words in Passage
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<p>Q31: The individual drifts in and out of consciousness and can be woken up easily as they are only in a Eye movement is slow and there is reduced muscle activity.</p>	<p>Stage 1 is light sleep where you drift in and out of sleep and can be awakened easily</p>
<p>Note: Q31 is about the first stage of sleep. In this question, we have to find the word that is the definition of the 1st stage</p> <p>In this stage, both passage and the question have the same description which are “drifts in and out” and “can be awakened easily”. And in the passage, this stage 1 is mentioned as light sleep so we can conclude that the missing word of Q31 is light sleep.</p>	

32 Answer: **brain**

Keywords in Questions	Similar words in Passage
<p>Q32:</p> <p>the speed of activity slows and all movement of the eyes tends to stop.</p>	<p>In stage 2, eye movement stops and brain waves become slower with only an occasional burst of rapid brain waves</p>
<p>Note: Q32 is about the 2nd stage of sleep.</p> <p>From the sentence about stage 2, we can realize that there are 2 changes mentioned which are “eye movement stops” and “brain waves become slower”.</p> <p>Looking at the question, we can see the eye movement stops are listed, so the remaining activity is about “brain waves become slower”. Therefore, missing word of this question should be brain</p>	

33 Answer: **smaller, faster waves**

Keywords in Questions	Similar words in Passage
<p>Q 3 3 : Brain activity is dominated by delta waves, with a scattering of also in evidence.</p>	<p>When a person enters stage 3, extremely slow brain waves called delta waves are interspersed with smaller, faster waves</p>
<p>Note: Q33 is about the 3rd stage of sleep.</p> <p>In the sentence about stage 3, we can see the keywords “delta waves” and “interspersed” are respectively compatible with the keywords “delta waves” and “scattering” in question. Therefore we can infer the missing word is smaller, faster waves and this is the correct answer to this question.</p>	

34 Answer: **deep sleep**

Keywords in Questions	Similar words in Passage
<p>Q34:</p> <p>In a state of, the brain emits delta waves almost exclusively. It is hard to wake the individual.</p>	<p>In stage 4, the brain produces delta waves almost exclusively. Stages 3 and 4 are referred to as deep sleep, and it is very difficult to wake someone from them.</p>
<p>Note: Q34 is next stage from stage 3, so we can infer this is stage 4 and we have to find out the description of this stage.</p> <p>In the sentence about stage 4, we can get important information that "the brain produces delta waves almost exclusively" and "it is very difficult to wake someone". These information is same as data in the Q34 so we can be sure this is where we can find the answer.</p> <p>Moreover, the passage also mentions "Stages 3 and 4 are referred to as deep sleep", so we can sure deep sleep is description of this stage and this is our correct answer.</p>	

35 Answer: **breathing**

Keywords in Questions	Similar words in Passage
<p>Q35:</p> <p>A period of rapid eye movement follows, during which patterns are not consistent and limb muscles enter a temporary state of paralysis.</p>	<p>In the REM period, breathing becomes more rapid, irregular and shallow, eyes jerk rapidly and limb muscles are temporarily paralysed</p>
<p>Note: Q35 is about the final stage of sleep which is REM.</p> <p>In the passage, this stage is described with 3 changes about breathing, eyes jerk and limb muscle. We can found that there are 2 changes already listed in the question:</p> <p>+ Eye jerk: "rapid eye movement"</p> <p>+ Limb muscle: "limb muscles enter a temporary state of paralysis".</p> <p>So it is easy to recognize that the last remaining change which is about breathing will contain the answer.</p> <p>According to the passage, the phrase "more rapid, irregular and shallow" in the passage which has the same meaning as "not consistent" in the question is description about breathing so we can sure breathing is correct answer of Q35</p>	

36 Answer: **deteriorate**

Keywords in Questions	Similar words in Passage
<p>Q36: Sleep is so essential to a person that he can actually go longer without food than without sleep. During sleep, the brain has the chance to close down and do some repair work on neuronal connections which could otherwise in a state of inactivity.</p>	<p>Sleep may be a way of recharging the brain. The brain has a chance to shut down and repair neurons and to exercise important neuronal connections that might otherwise deteriorate due to lack of activity.</p>
<p>Note: The 2 main key words of Q36 are “the brain has the chance to close down and do some repair work on neuronal connections” and “in a state of inactivity”. These 2 key words can be easily found from the above sentence in the passage, so we can conclude that missing word is deteriorate and this is answer of Q36.</p>	

37 Answer: **metabolic rate**

Keywords in Questions	Similar words in Passage
<p>Q37: Sleep also gives the brain the opportunity to organise data, especially newly-learned information.</p> <p>During this rest period, the drops and energy consumption goes down.</p>	<p>Sleep gives the brain an opportunity to reorganise data to help find a solution to problems, process newly-learned information and organise and archive memories.</p> <p>Sleep lowers a person's metabolic rate and energy consumption.</p>
<p>Note: The key words “Sleep also gives the brain the opportunity to organise data especially newly-learned information” appear in the sentence “Sleep gives the brain an opportunity to reorganise data to help find a solution to problems, process newly-learned information and organise and archive memories.” of the passage, so we can be sure that the answer will appear soon.</p> <p>According to the question, during this rest period, “the drops and energy consumption goes down”. From this question, we can see the words “drops” and “goes down” have the same meaning as “lowers” in the passage. Also from the question, we know that there are 2 elements “lowers” during sleep, in which “energy consumption” is listed out, so the remaining element must be metabolic rate according to the passage.</p> <p>Therefore answer of Q37 must be metabolic rate.</p>	

38 Answer: **torpor**

Keywords in Questions	Similar words in Passage
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<p>Q38:</p> <p>At the same time, the cardiovascular system has a much-needed rest. While they go into a deep sleep, humans don't fall into, unlike some small animals such as rodents.</p>	<p>For many small mammals such as rodents, sleep has other particular benefits, as it provides the only real opportunity for physical rest, and confines the animal to the thermal insulation of a nest. In these respects, sleep conserves much energy in such mammals, particularly as sleep can also develop into a torpor whereby the metabolic rate drops significantly for a few hours during the sleep period</p>
<p>Note: The key word “small animals such as rodents” help us determine position of answer is from above passage.</p> <p>We can see from the question that “humans don't fall into, unlike some small animals such as rodents”, this means “small animals can fall into”. From the passage, we can see that “mammals, particularly as sleep can also develop into a torpor”. The phrase “fall into” have the same meaning as ‘develop into’, so we can understand that small mammals fall into torpor.</p> <p>Therefore torpor is correct answer of Q38.</p>	

39 Answer: **day-night cycle**

Keywords in Questions	Similar words in Passage
<p>Q39:</p> <p>A (39) of 24 hours is described as a person's (40) and this greatly influences a person's amount of sleep, and the type of sleep he gets.</p>	<p>When a person falls asleep and wakes up is largely determined by his or her circadian rhythm, a day-night cycle of about 24 hours. Circadian rhythms greatly influence the timing, amount and quality of sleep</p>
<p>Note: The main 2 key words of Q39 and Q40 are “24 hours” and “influence the timing, amount and quality of sleep”. From these 2 key words, we can determine the position of the answer is in the above sentences.</p> <p>+ The phrase “a day-night cycle of about 24 hours” mentioned in the passage help us know that day-night cycle is correct answer of Q39.</p>	

40 Answer: **circadian rhythm**

Keywords in Questions	Similar words in Passage
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<p>Q40:</p> <p>A (39) of 24 hours is described as a person's (40) and this greatly influences a person's amount of sleep, and the type of sleep he gets.</p>	<p>When a person falls asleep and wakes up is largely determined by his or her circadian rhythm, a day-night cycle of about 24 hours. Circadian rhythms greatly influence the timing, amount and quality of sleep</p>
<p>Note: The main 2 key words of Q39 and Q40 are "24 hours" and "influence the timing, amount and quality of sleep". From these 2 key words, we can determine the position of the answer is in the above sentences.</p> <p>+ Looking at the passage, we can see that it mentions "When a person falls asleep and wakes up is largely determined by his or her circadian rhythm, a day-night cycle of about 24 hours". From this sentence, we can understand that "a day-night cycle of about 24 hours" is a description for circadian rhythm. Therefore answer of Q40 must be circadian rhythm.</p>	

1 Answer: **F**

Keywords in Questions	Similar words in Passage
<p>Q1: One species of the beetle population may spread ...</p> <p>F. if changes in weather patterns continue.</p>	<p>This is an insect that might become more widespread because of climate change.</p>
<p>Note: For Q1, we need to find out the condition that help One species of the beetle population spread.</p> <p>The 2 key words "One species of the beetle population" and "spread" can be easily found from the above sentence, so we can infer that climate change is the condition that we are looking for. Thanks to these above details, we can conclude that the correct answer for this question is F.</p>	

2 Answer: **B**

Keywords in Questions	Similar words in Passage
<p>Q 2 : You can detect the presence of beetles ...</p> <p>B. if you clog the suspected holes with furniture polish, paper or card.</p>	<p>Infestation deep within modified heartwood is more difficult to detect, ... This problem may be overcome by clogging the suspected holes with furniture polish or by covering a group of holes tightly with paper or card.</p>
<p>Note: We can easily know that the word "this problem" of the above-mentioned sentence implies the "infestation deep within modified heartwood". And from the following information, we can be sure that the right answer of Q2 is B.</p>	

3 Answer: **D**

Keywords in Questions	Similar words in Passage
Q3: You may kill household spiders ... D. If you use a contact insecticide	Spiders are a significant predator and will help to keep the beetle population under control ... Contact insecticides might also kill the natural predators .
Note: The 2 nd paragraph of this passage provides us an information that spiders are beetle's predator, so that according to the statement " Contact insecticides might also kill the natural predators ", we can conclude the best choice for this question is D .	

4 Answer: **A**

Keywords in Questions	Similar words in Passage
Q4: Beetles will disappear at a faster rate ... A If the building is kept in good condition .	They will speed up the decline of a beetle population in a well-maintained building.
Note: For Q4, we must find the condition so that "Beetles will disappear at a faster rate ". The 2 key words " disappear " and " a faster rate " respectively have the same meaning as " decline " and " speed up " in the reading, so we can infer that right answer of Q4 must be A .	

5 Answer: **FALSE**

Keywords in Questions	Similar words in Passage
Q 5 : Infestation by beetles deep within modified heartwood can be identified by the type of hole visible.	Infestation deep within modified heartwood is more difficult to detect , particularly because the beetles will not necessarily bite their own emergence holes if plenty of other holes are available.
Note: According to the provided information in the passage, we know that it is more difficult to detect the infestation deep within modified heartwood because there are already holes inside this kind of wood. Therefore, question 5 is a FALSE statement.	

6 Answer: **FALSE**

Keywords in Questions	Similar words in Passage
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Q6: Clogging a hole with furniture polish or paper will trap the beetle inside permanently.	This problem may be overcome by clogging the suspected holes with furniture polish or by covering a group of holes tightly with paper or card. Any emerging beetles will make a hole that should be visible, so that the extent and magnitude of the problem can be assessed.
Note: Thanks to Q2, we know above part mentions about clogging method, and the 2nd sentence provides us the purpose of this method, which is to force emerging beetles to make a hole that should be visible, not to trap the beetle inside permanently as mentioned at Q6. Hence, FALSE is correct answer of this question.	

7 Answer: **FALSE**

Keywords in Questions	Similar words in Passage
Q7: Paste insecticides are less effective than any other kind.	Insecticides formulated as a paste can be effective - either applied to the surface or caulked into pre-drilled holes
Note: From the above sentence, we get information that paste insecticides, or insecticides formulated as a paste in another expression, can be effective when applied to both surface and pre-drilled holes. Therefore, we cannot conclude that this method is less effective than others. So, the answer to this question is FALSE .	

8 Answer: **NOT GIVEN**

Keywords in Questions	Similar words in Passage
Q8: Surface spray treatments are sometimes effective for the House Longhorn Beetle	The first is the House Longhorn Beetle (<i>Hylotrupes bajulus</i>). This is a large insect that produces oval emergence holes that are packed with little cylindrical pellets. The beetles restrict their activities to the sapwood of 20th century softwood, although there is now some evidence that they will attack older softwood. The beetle larvae can cause considerable damage but infestation has generally been restricted to the southwest of London, possibly because they need a high temperature before the beetles will fly. Old damage is, however, frequently found elsewhere, thus indicating a wider distribution in the past, and infested timber is sometimes imported. This is an insect that might become more widespread because of climate change.

Note: Q8 mentions about House Longhorn Beetle, we should pay attention to paragraph 8 of this passage, which mentions about this kind of beetle. However, we cannot find out any clues about the effectiveness of this treatment when used for House Longhorn Beetle. Hence, in this case, the statement of Q8 is **NOT GIVEN**.

9 Answer: **TRUE**

Keywords in Questions	Similar words in Passage
Q9: Heat treatments lend to cause less damage than other treatments.	Heat treatments for entire buildings are available and the continental experience is that they are effective. They are also likely to be expensive but they may be the only way to eradicate a heavy and widespread infestation without causing considerable structural degradation of the building.
Note: We can find out clues about heat treatments at the 6 th paragraph, and at the very last of this part, the author affirms they may be the only way to eradicate a heavy and widespread infestation without causing considerable structural degradation of the building. The phrase “without causing considerable structural degradation of the building”, which has the same meaning as “cause less damage than other treatments” in the question, helps us to conclude the given statement is TRUE .	

10 Answer: **C**

Keywords in Questions	Similar words in Passage
Q10: The point the writer makes about deathwatch beetles is that A. they must be eliminated quickly. B. only natural predation will keep them under control. C. with good maintenance it may be possible to eliminate them. D. they are here to stay and do great damage.	Beetle damage in oak timbers is a slow process and if we make it slower by good maintenance then the beetle population may eventually decline to extinction.
Note: At the 2 nd paragraph, the author provides us a clue ‘Beetle damage in oak timbers is a slow process and if we make it slower by good maintenance then the beetle population may eventually decline to extinction.’ Because “make it slower” and “decline to extinction” are the same as “eliminate”, and also with the key words ‘good maintenance’, we can conclude that C is the correct answer to this question.	

11 Answer: **D**

Keywords in Questions	Similar words in Passage
<p>Q11: One way to trap deathwatch beetles is to attract them to</p> <p>A. daylight.</p> <p>B. a totally dark environment.</p> <p>C. a constantly warm environment.</p> <p>D. a light trap in a dark place.</p>	<p>The beetles fly to light and some form of light trap may help to deplete a population. The place in which it is used must be dark, ...</p>
<p>Note: The clue about trap for beetle can be found at the 3^d paragraph, in particular, the author says “The beetles fly to light and some form of light trap may help to deplete a population”. From this information, we guess that the answer for this question may be D. And the next statement of this paragraph “The place in which it is used must be dark” helps us to make sure that D is the correct answer.</p>	

12 Answer: **B**

Keywords in Questions	Similar words in Passage
<p>Q12: Surface spray treatments are not effective because</p> <p>A. the beetles are immune to them.</p> <p>B. they do not reach the beetles.</p> <p>C. they react poorly to wooden surfaces.</p> <p>D. they attract other harmful creatures.</p>	<p>Surface spray treatments are generally ineffective because they barely penetrate the surface of the timber and the beetles’ natural behaviour does not bring it into much contact with the insecticide.</p>
<p>Note: The 5th paragraph is the one mentioning about the surface spray treatments. According to this part, these treatments are “generally ineffective” because they do not penetrate the timber while the beetles are mainly under the surface of the wood. Hence, the answer to Q12 must be B.</p>	

13 Answer: **B**

Keywords in Questions	Similar words in Passage
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<p>Q13: Damage by the House Longhorn Beetle is sometimes found further afield than London because</p> <p>A. temperatures have increased.</p> <p>B. the timber was not local timber.</p> <p>C. there was no effective treatment previously.</p> <p>D. the type of timber has changed.</p>	<p>Old damage is, however, frequently found elsewhere, thus indicating a wider distribution in the past, and infested timber is sometimes imported.</p>
<p>Note: In this question, we need to find out the reason why ‘Damage by the House Longhorn Beetle is sometimes found further afield than London’</p> <p>+ Firstly, because the question mentions about the House Longhorn Beetle, we need to focus on the paragraph 8.</p> <p>+ Then looking at the question, we understand that the key words ‘further afield than London’ means that other place than London. From the above sentence in the paragraph, we can see that “Old damage is, however, frequently found elsewhere”. The phrase “frequently found elsewhere” in this case has the same meaning as ‘further afield than London’ in the question so we know that the answer will appear soon.</p> <p>+ Finally, we have information that “infested timber is sometimes imported” and this is the reason why the damage found further afield than London. The clue “imported” is synonym of “not local timber” in answer B.</p> <p>Therefore we can conclude that answer for Q13 must be B.</p>	