

<b>Assessment Centre</b>	<input type="checkbox"/> KLN <input type="checkbox"/> HK	<b>Candidate Number</b>	
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# Quill

## Writing Assessment

*Administered by i-Learner,  
Nebula Group Limited*



# Level 7

## Eagle

### Sample Paper

#### Instructions

1. There are three parts: Part A, Part B and Part C.
2. Complete all the tasks in Part A and Part B.
3. Complete only one of the tasks in Part C.
4. Write your answers with a pen.
5. Write your answers in this assessment booklet.
6. The time allowed is 120 minutes.

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## Part A

**Complete all the tasks in Part A.**

**Task A1:** Some of the lines contain a mistake. Circle the mistake and write the correct word on the line in the second column. Write one word on each line. The lines with a tick (✓) next to them do not contain any mistakes.

Dear Jenny,	✓
I'm sorry to hear that you're feeling stressful about exams.	1. _____
Stress can negatively effect everything, from your appetite to	2. _____
your sleep. Stress can also increasing your heart rate and	3. _____
cause unexpectedly aches and pains. It's important for you	4. _____
to pay attention when you start feeling stressed and	✓
act according. When you feel stressed, take a break	5. _____
and chat to someone who understands the pressure.	✓
It can be very cathartic to commiserating with someone	6. _____
in the same position as you. But avoid discussing an exam	✓
after it's over. You can't go back and change anything	✓
and it might cause you to losing focus on the exams you still	7. _____
have to do. Remember that this is not your live, it is just	8. _____
part of it. One day it will all be a distance memory.	9. _____
You need to remain optimistic if you want to stay healthy	✓
throughout the exam period.	10. _____
Good luck with your exams!	✓
Jeremy	✓

**Task A2:** Fill in the blanks with the correct forms of the words. Write one word in each space.

### Students' Mental Health<sup>1</sup> Worries

A recent study has found that Hong Kong students are neither healthy nor happy. This (1) \_\_\_\_\_ (worry) trend was discovered by researchers at the Chinese University of Hong Kong.

The results show that local students have lower life (2) \_\_\_\_\_ (satisfy) and poorer health compared to their international (3) \_\_\_\_\_ (peer). Local students scored 6.97 points on the life satisfaction scale, a score that is (4) \_\_\_\_\_ (low) than the 7.80-point average. Only 18 percent said they were very satisfied with their current life while a mere 16 percent said they were in excellent (5) \_\_\_\_\_ (healthy).

The study reveals that students encounter problems with both their physical and (6) \_\_\_\_\_ (psychology) health. About 34 to 42 percent of respondents said they felt nervous, irritated or bad-tempered. Furthermore, 14 to 18 percent of respondents experienced headaches, stomach aches, back aches and (7) \_\_\_\_\_ (dizzy) on a weekly basis.

The findings showed that girls did not differ (8) \_\_\_\_\_ (significant) from boys in average life satisfaction, but that their health was worse and they reported more physical and psychological (9) \_\_\_\_\_ (symptom).

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<sup>1</sup> mental health: 精神狀態

**Task A3:** Do you think exercise can improve our mental health? Why or why not? Write an answer in two sentences.

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**Task A4:** Do you think our mental health affects our academic performance? Why or why not? Write an answer in two sentences.

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## **Part B**

### **Complete Task B1 in Part B.**

#### **Task B1:**

Many students at your school feel stressed<sup>2</sup> about exams. Your school principal wants to help students feel less stressed.

Write a leaflet for the students at your school. In the leaflet, offer three suggestions to help students feel less stressed about exams.

Write about 200 words.

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<sup>2</sup> stressed: 擔心

*You can plan your writing on this page. (Anything that you write on this page will not be marked.)*

**Write your response to Task B1 in the space below.**

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## **Part C**

**Complete either Task C1 or Task C2. Write your answer in the space provided on the following pages.**

### **Task C1:**

According to a survey at your school, every class contains students who are experiencing problems with their mental health.

Write a magazine article to explain three ways in which students at your school can support classmates who are struggling with mental health issues. The article will be published in the school magazine.

Write about 400 words.

**Task C2:**

You recently attended a talk about mental health and became inspired to make some positive changes in your life.

Write a blog post about three changes that you have made to improve your mental health. Explain why you made these changes and describe how these changes have impacted your life.

Write about 400 words.

*You can plan your writing on this page. (Anything that you write on this page will not be marked.)*





