



Subject: Grade 9 English: Home Language

Topic: Summary skills

Total: 27 Marks

Name: _____

Date: _____

This text refers to question: 1, 2, 3, 4, 5

Summarise in your own words **what the writer has to say about people's experience of time.**

1. Your summary should include SEVEN points and not exceed 90 words.
2. Your summary must be in paragraph form.
3. You are NOT required to include a title for the summary.
4. Indicate your word count at the end of your summary.

SLOW DOWN TIME

1. Time is extremely precious. Yet it can often feel as though it is rushing away from us, that there's never quite enough of it. Some of us are intolerant of the idea of 'losing' time. Part of this is to do with our personality (whether we are impatient or competitive), part is to do with our beliefs (in Western cultures, for example, people believe that they are free to shape their own destiny, and so it is up to them to work hard to achieve any goals).
2. Those people who hate the idea of lost time ensure they fill every last minute of it – a life filled is a life fulfilled, they believe. When they are busy all the time, they are happy, and when they try to relax they get agitated and bored. People like this consider boredom to be something unpleasant that is to be avoided at all costs.
3. Too much stimulation is not always a good thing. Aside from the stress, which can negatively affect one's health, it suddenly hits some people that they have had no time for themselves, and are disillusioned with life. Such people can become very unhappy.
4. But the idea that boredom is a waste of time is a misconception. Because filling our time with nothing, allowing ourselves to daydream, can be very constructive – it allows our feelings and thoughts to mature and our creativity to thrive.
5. That said, it's not just about allowing us to experience more 'empty' time. Our wellbeing can be improved by slowing down how we experience time, and different people can do this in different ways. Yoga and meditation are two of the best remedies – even if you can't manage a class every week, a few seconds at your desk to stop and breathe will relieve the pressure that comes when it feels as if you are running out of time.
6. There are those who spend their weekends gardening; the way they experience time while engaging in this activity is very different from the way they experience time during the busy working week. But you must find what works for you. The best advice is to take up a hobby.

[Source: Adapted from *Psychologies*, April 2012]



This image refers to question: 1



Question 1: True/False

2 marks

Refer to the article.

A relevant point in paragraph 4 is:
Doing nothing is a good thing.

TRUE

FALSE

This image refers to question: 2, 6



Question 2: Text Input

3 marks

Refer to the article.

The final paragraph suggests that time can be experienced as relaxing by starting a

This image refers to question: 3, 9



Question 3: Text Input

3 marks

Refer to the article.

Paragraph 3 contains ... relevant facts.

Provide only the number as your answer.

This image refers to question: 4, 7, 10

I just need
the main ideas



Question 4: True/False

2 marks

Refer to the article.

Paragraph 5 states that a person's time must be spent on strenuous activities.

TRUE

FALSE

This image refers to question: 5, 8



Question 5: Multiple Choice

4 marks

Refer to the article.

In paragraph 2, the relevant point is:

Some people experience time as needing to be

- | | |
|----------|-----------------|
| A | boring |
| B | relaxing |
| C | constantly busy |
| D | always sleeping |
-

Question 6: True/False

2 marks

You must adhere to the word count provided in the instructions of your summary.

TRUE

FALSE

Question 7: True/False

2 marks

List your summary points in the same order as they appear in the text.

TRUE

FALSE

This text refers to question: 8

Summarise what the writer has to say about **the advantages of positive thinking.**

1. Positive thinking is a mental attitude that admits into the mind thoughts, words and images that are conducive to growth, expansion and success. It is a mental attitude that expects good and favourable results. A positive mind anticipates happiness, joy, health and a successful outcome of every situation and action. Whatever the mind expects, it finds.
2. Not everyone accepts or believes in positive thinking. Some consider the subject as just nonsense, and others scoff at people who believe and accept it. Among the people who accept it, not many know how to use it effectively to get results. Yet, it seems that many are becoming attracted to this subject, as evidenced by the many books, lectures and courses about it. This is a subject that is gaining popularity.
3. It is quite common to hear people say: "Think positively!" to someone who feels down and worried. Most people do not take these words seriously, as they do not know what they really mean, or do not consider them as useful and effective. How many people do you know who stop to think what the power of positive thinking means?
4. All of us affect, in one way or another, the people we meet. This happens instinctively and on a subconscious level, through thoughts and feelings transference and through body language. People sense our aura and are affected by our thoughts. Is it any wonder that we want to be around positive persons and shun negative ones? People are more disposed to help us if we are positive. They dislike and avoid anyone broadcasting negativity.
5. When the mind is negative, poisons are released into the blood, which cause more unhappiness and negativity. This is the way to failure, frustration and disappointment. Always visualise only favorable and beneficial situations. Use positive words in your inner dialogues or when talking with others. Smile a little more, as this helps to think positively. Disregard any feelings of laziness or a desire to quit. If you persevere, you will transform the way your mind thinks.

Adapted from an article by Remez Sasson

Question 8: Multiple Choice

4 marks

Refer to the summary article.

Paragraph 4 contains a point which is relevant to the summary topic:
positive thinking

- | | |
|----------|--------------------------------|
| A | leads to success |
| B | develops people |
| C | attracts people to helping you |
| D | is not helpful |

This text refers to question: 9

Read through the passage entitled *Marketing Your Big Idea* and in NO MORE THAN 70 WORDS list SEVEN **examples of good business strategies.**

MARKETING YOUR BIG IDEA

Adapted from *Fair Lady*

1. Successful marketing is key when promoting your big business idea! You must know your product inside and out and find your niche before you even begin to start marketing. The last thing you want is to look completely flustered when talking about your product.
2. Join a business chamber or network organisation as soon as possible. Look for people within your social structure who can help you and offer very important guidance. Networking is essential in terms of getting your product out there.
3. Word of mouth is the most important tool, so make sure you do spread the word. Make sure that you are meeting all the deadlines so that your clients will be impressed and pass on the good message about your services. Don't pass up the opportunity to tell people about your business.
4. Be inventive and creative when approaching clients. Organise a small function at your office to let clients see what your product is all about and to forge personal connections.
5. If you can afford it, create brand awareness through calendars, cups and pens etc. Distribute these to clients so that your company is always in their sight.
6. Have a clear marketing plan which is accessible and easy to follow. The vision and mission of your business must not be confusing for clients and employees.
7. The Internet is invaluable and having a website that is clear and functional will do wonders for your company. Always include a contact page and relevant information that will assist clients in learning about your business.

Question 9: Please Fill In The Blanks

2 marks

Refer to the article.

The final relevant fact is that you must (1) .

Possible Answers: have a clear vision | have a functional website

1	
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This text refers to question: 10

Read through the passage entitled *DO WE ALL HAVE TO WALK, TALK...AND CHEW?* and in NO MORE THAN 70 WORDS list 7 reasons as to why **public eating is distasteful.**

DO WE ALL HAVE TO WALK, TALK...AND CHEW?

Adapted from an article by Jo Foley

1. Have you noticed how much public eating is going on? Wherever you look, someone is shovelling something into their mouths! So where has our appetite come from that demands we satisfy it at every possible opportunity? Apart from anything else, it is seriously unpleasant to watch people gulping down sandwiches, burgers, sushi and chips as they go about their business. They're often seen, cellphone in the one hand, schwarma in other as they walk, talk, chew and share what is inside their mouths with the rest of us!
2. Movies are my all time annoyance. I love the movies, but am getting seriously turned off by the buckets of popcorn being carried in by an audience who then proceeds to noisily gulp down the vile-smelling stuff throughout. And one of the worst side effects of this ambulant dining is the litter left in its wake - burger boxes, soup cartons, wrappings, apple cores and orange peels (and yes, the latter is biodegradable, but the pavement isn't the place for them to rot)!
3. I like to savour a meal, even if it's just a simple tomato salad and crusty bread, a perfect omelette or beautifully roasted chicken. I enjoy sharing it with my friends and family. Meal time used to be a time to talk, meet, catch up with old friends and get to know new friends, but mostly it was family time. Now most of us are eating meals on the move. No wonder our minds are as troubled as our bodies - there is no respite, not pause, no social contact.
4. I suspect one of the reasons we are now such an unhealthy lot is because we have forgotten how to digest; we eat too quickly and take in too many processed foods with far too many additives. It takes time to sit down and eat a meal, certainly. But surely we can stop all this eating anywhere and everywhere, wait till we actually get home or to our destinations and bring back the old-fashioned idea of making mealtimes a sociable, enjoyable pause in our increasingly frantic lives.

Question 10: Text Input

3 marks

Refer to the article.

Paragraph 2 has two relevant facts. One is that 'ambulant eating leaves behind l...'.

Total: 27 Marks