

# PRETEST FOR THE TOEFL iBT®

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✓ *Evaluate your strengths and weaknesses*

## MODEL TEST 1: PRETEST

### READING SECTION

The Reading Section tests your ability to understand reading passages like those in college textbooks. The reading passages are presented in one complete section, which allows you to move to the next passage and return to a previous passage to change answers or answer questions that you may have left blank. The passages are about 700 words in length.

This is the short format for the Reading Section. On the short format, you will read three passages. After each passage, you will answer 10 questions about it. You may take notes while you read, but notes are not graded. You may use your notes to answer the questions. Some passages may include a word or phrase that is underlined in blue. Click on the word or phrase to see a glossary definition or explanation.

Choose the best answer for multiple-choice questions. Follow the directions on the page or on the screen for computer-assisted questions. Most questions are worth 1 point, but the last question in each passage is worth more than 1 point.

Click on **Next** to go to the next question. Click on **Back** to return to previous questions. You may return to previous questions for all of the passages.

You can click on **Review** to see a chart of the questions you have answered and the questions you have not answered. From this screen, you can return to the question you want to answer.

Although you can spend more time on one passage and less time on another passage, you should try to pace yourself so that you are spending about 18 minutes to read each passage and answer the questions for that passage. You will have 54 minutes to complete all of the passages and answer all of the questions on the short format. A clock on the screen will show you how much time you have to complete the Reading Section.

**Reading 1**

The following reading passage was adapted from *World Mythology*, Third Edition by Donna Rosenberg, National Textbook-McGraw Hill Education, 1998.

**"Beowulf"****Historical Background**

- P1** → The epic poem *Beowulf*, written in Old English, is the earliest existing Germanic epic and one of four surviving Anglo-Saxon manuscripts. Although *Beowulf* was written by an anonymous Englishman in Old English, the tale takes place in that part of Scandinavia from which Germanic tribes emigrated to England. Beowulf comes from Geatland, the southeastern part of what is now Sweden. Hrothgar, king of the Danes, lives near what is now Leire, on Zealand, Denmark's largest island. The *Beowulf* epic contains three major tales about Beowulf and several minor tales that reflect a rich Germanic oral tradition of myths, legends, and folklore.
- P2** → The *Beowulf* warriors have a foot in both the Bronze and Iron Ages. Their mead-halls reflect the wealthy living of the Bronze Age Northmen, and their wooden shields, wood-shafted spears, and bronze-hilted swords are those of the Bronze Age warrior. However, they carry iron-tipped spears, and their best swords have iron or iron-edged blades. Beowulf also orders an iron shield for his fight with a dragon. Iron replaced bronze because it produced a blade with a cutting edge that was stronger and sharper. The Northmen learned how to forge iron in about 500 B.C. Although they had been superior to the European Celts in bronze work, it was the Celts who taught them how to make and design iron work. Iron was accessible everywhere in Scandinavia, usually in the form of "bog-iron" found in the layers of peat in peat bogs.
- P3** The *Beowulf* epic also reveals interesting aspects of the lives of the Anglo-Saxons who lived in England at the time of the anonymous *Beowulf* poet. The Germanic tribes, including the Angles, the Saxons, and the Jutes, invaded England from about A.D. 450 to 600. By the time of the *Beowulf* poet, Anglo-Saxon society in England was neither primitive nor uncultured. **A**
- P4** → Although the *Beowulf* manuscript was written in about A.D. 1000, it was not discovered until the seventeenth century. **B** Scholars do not know whether *Beowulf* is the sole surviving epic from a flourishing Anglo-Saxon literary period that produced other great epics or whether it was unique even in its own time. **C** Many scholars think that the epic was probably written sometime between the late seventh century and the early ninth century. If they are correct, the original manuscript was probably lost during the ninth-century Viking invasions of Anglia, in which the Danes destroyed the Anglo-Saxon monasteries and their great libraries. However, other scholars think that the poet's favorable attitude toward the Danes must place the epic's composition after the Viking invasions and at the start of the eleventh century, when this *Beowulf* manuscript was written.

P5 The identity of the *Beowulf* poet is also uncertain. D He apparently was a Christian who loved the pagan heroic tradition of his ancestors and blended the values of the pagan hero with the Christian values of his own country and time. Because he wrote in the Anglian dialect, he probably was either a monk in a monastery or a poet in an Anglo-Saxon court located north of the Thames River.

### Appeal and Value

P6 *Beowulf* interests contemporary readers for many reasons. First, it is an outstanding adventure story. Grendel, Grendel's mother, and the dragon are marvelous characters, and each fight is unique, action-packed, and exciting. Second, *Beowulf* is a very appealing hero. He is the perfect warrior, combining extraordinary strength, skill, courage, and loyalty. Like Hercules, he devotes his life to making the world a safer place. He chooses to risk death in order to help other people, and he faces his inevitable death with heroism and dignity. Third, the *Beowulf* poet is interested in the psychological aspects of human behavior. For example, the Danish hero's welcoming speech illustrates his jealousy of *Beowulf*. The behavior of *Beowulf*'s warriors in the dragon fight reveals their cowardice. *Beowulf*'s attitudes toward heroism reflect his maturity and experience, while King Hrothgar's attitudes toward life show the experiences of an aged nobleman.

P7 Finally, the *Beowulf* poet exhibits a mature appreciation of the transitory nature of human life and achievement. In *Beowulf*, as in the major epics of other cultures, the hero must create a meaningful life in a world that is often dangerous and uncaring. He must accept the inevitability of death. He chooses to reject despair; instead, he takes pride in himself and in his accomplishments, and he values human relationships.

1. According to paragraph 1, which of the following is true about *Beowulf*?

- Ⓐ It is the only manuscript from the Anglo-Saxon period.
- Ⓑ The original story was written in a German dialect.
- Ⓒ The author did not sign his name to the poem.
- Ⓓ It is one of several epics from the first century.

Paragraph 1 is marked with an arrow [→].

2. The word *major* in the passage is closest in meaning to

- Ⓐ basic
- Ⓑ principal
- Ⓒ distinct
- Ⓓ current

3. Why does the author mention "bog-iron" in paragraph 2?

- Ⓐ To demonstrate the availability of iron in Scandinavia
- Ⓑ To prove that iron was better than bronze for weapons
- Ⓒ To argue that the Celts provided the materials to make iron
- Ⓓ To suggest that 500 B.C. was the date that the Iron Age began

Paragraph 2 is marked with an arrow [→].

4. Which of the sentences below best expresses the information in the highlighted statement in the passage? The other choices change the meaning or leave out important information.

- Ⓐ Society in Anglo-Saxon England was both advanced and cultured.
- Ⓑ The society of the Anglo-Saxons was not primitive or cultured.
- Ⓒ The Anglo-Saxons had a society that was primitive, not cultured.
- Ⓓ England during the Anglo-Saxon society was advanced, not cultured.

5. In paragraph 4, the author suggests that *Beowulf* was discovered in which century?

- Ⓐ First century
- Ⓑ Ninth century
- Ⓒ Eleventh century
- Ⓓ Seventeenth century

Paragraph 4 is marked with an arrow [→].

6. The word *unique* in the passage is closest in meaning to

- (A) old
- (B) rare
- (C) perfect
- (D) weak

7. According to paragraph 4, why do many scholars believe that the original manuscript for *Beowulf* was lost?

- (A) Because it is not like other manuscripts
- (B) Because many libraries were burned
- (C) Because the Danes were allies of the Anglo-Saxons
- (D) Because no copies were found in monasteries

Paragraph 4 is marked with an arrow [→].

8. Look at the four squares [■] that show where the following sentence could be inserted in the passage.

**Moreover, they disagree as to whether this *Beowulf* is a copy of an earlier manuscript.**

Where could the sentence best be added?

Click on a square [■] to insert the sentence in the passage.

9. The word *exhibits* in the passage is closest in meaning to

- (A) creates
- (B) demonstrates
- (C) assumes
- (D) terminates

10. **Directions:** An introduction for a short summary of the passage appears below. Complete the summary by selecting the THREE answer choices that mention the most important points in the passage. Some sentences do not belong in the summary because they express ideas that are not included in the passage or are minor points from the passage. *This question is worth 2 points.*

**Beowulf is the oldest Anglo-Saxon epic poem that has survived to the present day.**

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#### Answer Choices

- A** The Northmen were adept in crafting tools and weapons made of bronze, but the Celts were superior in designing and working in iron.
- B** In the Viking invasions of England, the Danish armies destroyed monasteries, some of which contained extensive libraries.
- C** King Hrothgar and Beowulf become friends at the end of their lives, after having spent decades opposing each other on the battlefield.
- D** The poem chronicles life in Anglo-Saxon society during the Bronze and Iron Ages when Germanic tribes were invading England.
- E** Although *Beowulf* was written by an anonymous poet, probably a Christian, about A.D. 1000, it was not found until the seventeenth century.
- F** *Beowulf* is still interesting because it has engaging characters, an adventurous plot, and an appreciation for human behavior and relationships.

**Reading 2**

The following reading passage was adapted from *Biology*, Eighth Edition by Neil A. Campbell et al., Pearson Education, Inc., 2008.

**“Thermoregulation”**

- P1** → Mammals and birds generally maintain body temperature within a narrow range (36–38°C for most mammals and 39–42°C for most birds) that is usually considerably warmer than the environment. Because heat always flows from a warm object to cooler surroundings, birds and mammals must counteract the constant heat loss. This maintenance of warm body temperature depends on several key adaptations. The most basic mechanism is the high metabolic rate of endothermy itself. Endotherms can produce large amounts of metabolic heat that replace the flow of heat to the environment, and they can vary heat production to match changing rates of heat loss. Heat production is increased by such muscle activity as moving or shivering. In some mammals, certain hormones can cause mitochondria to increase their metabolic activity and produce heat instead of ATP. This **nonshivering thermogenesis (NST)** takes place throughout the body, but some mammals also have a tissue called **brown fat** in the neck and between the shoulders that is specialized for rapid heat production. Through shivering and NST, mammals and birds in cold environments can increase their metabolic heat production by as much as 5 to 10 times above the minimal levels that occur in warm conditions.
- P2** Another major thermoregulatory adaptation that evolved in mammals and birds is insulation (hair, feathers, and fat layers), which reduces the flow of heat and lowers the energy cost of keeping warm. Most land mammals and birds react to cold by raising their fur or feathers, thereby trapping a thicker layer of air. **A** Humans rely more on a layer of fat just beneath the skin as insulation; goose bumps are a vestige of hair-raising left over from our furry ancestors. **B** Vasodilation and vasoconstriction also regulate heat exchange and may contribute to regional temperature differences within the animal. **C** For example, heat loss from a human is reduced when arms and legs cool to several degrees below the temperature of the body core, where most vital organs are located. **D**
- P3** → Hair loses most of its insulating power when wet. Marine mammals such as whales and seals have a very thick layer of insulation fat called blubber, just under the skin. Marine mammals swim in water colder than their body core temperature, and many species spend at least part of the year in nearly freezing polar seas. The loss of heat to water occurs 50 to 100 times more rapidly than heat loss to air, and the skin temperature of a marine mammal is close to water temperature. Even so, the blubber insulation is so effective that marine mammals maintain body core temperatures of about 36–38°C with metabolic rates about the same as those of land mammals of similar size. The flippers or tail of a whale or seal lack insulating blubber, but countercurrent heat exchangers greatly reduce heat loss in these extremities, as they do in the legs of many birds.

- P4 → Through metabolic heat production, insulation, and vascular adjustments, birds and mammals are capable of astonishing feats of thermoregulation. For example, small birds called chickadees, which weigh only 20 grams, can remain active and hold body temperature nearly constant at 40°C in environmental temperatures as low as -40°C—as long as they have enough food to supply the large amount of energy necessary for heat production.
- P5 Many mammals and birds live in places where thermoregulation requires cooling off as well as warming. For example, when a marine mammal moves into warm seas, as many whales do when they reproduce, excess metabolic heat is removed by vasodilation of numerous blood vessels in the outer layer of the skin. In hot climates or when vigorous exercise adds large amounts of metabolic heat to the body, many terrestrial mammals and birds may allow body temperature to rise by several degrees, which enhances heat loss by increasing the temperature gradient between the body and a warm environment.
- P6 → Evaporative cooling often plays a key role in dissipating the body heat. If environmental temperature is above body temperature, animals gain heat from the environment as well as from metabolism, and evaporation is the only way to keep body temperature from rising rapidly. Panting is important in birds and many mammals. Some birds have a pouch richly supplied with blood vessels in the floor of the mouth; fluttering the pouch increases evaporation. Pigeons can use evaporative cooling to keep body temperature close to 40°C in air temperatures as high as 60°C, as long as they have sufficient water. Many terrestrial mammals have sweat glands controlled by the nervous system. Other mechanisms that promote evaporative cooling include spreading saliva on body surfaces, an adaptation of some kangaroos and rodents for combating severe heat stress. Some bats use both saliva and urine to enhance evaporative cooling.

### Glossary

ATP: energy that drives certain reactions in cells  
 mitochondria: a membrane with many cells of ATP



11. According to paragraph 1, what is the most fundamental adaptation to maintain body temperature?

- (A) The heat generated by the metabolism
- (B) A shivering reflex in the muscles
- (C) Migration to a warmer environment
- (D) Higher caloric intake to match heat loss

Paragraph 1 is marked with an arrow [→].

12. Which of the sentences below best expresses the information in the highlighted statement in the passage? The other choices change the meaning or leave out important information.

- (A) An increase in heat production causes muscle activity such as moving or shivering.
- (B) Muscle activity like moving and shivering will increase heat production.
- (C) Moving and shivering are muscle activities that increase with heat.
- (D) When heat increases, the production of muscle activity also increases.

13. The word *minimal* in the passage is closest in meaning to

- (A) most recent
- (B) most active
- (C) newest
- (D) smallest

14. The word *regulate* in the passage is closest in meaning to

- (A) protect
- (B) create
- (C) reduce
- (D) control

15. Look at the four squares [■] that show where the following sentence could be inserted in the passage.

**The insulating power of a layer of fur or feathers mainly depends on how much still air the layer traps.**

Where could the sentence best be added?

Click on a square [■] to insert the sentence in the passage.

16. According to paragraph 3, why do many marine animals require a layer of blubber?

- Ⓐ Because marine animals have lost their hair during evolution
- Ⓑ Because heat is lost in water much faster than it is in air
- Ⓒ Because dry hair does not insulate marine animals
- Ⓓ Because they are so large that they require more insulation

Paragraph 3 is marked with an arrow [→].

17. Why does the author mention "chickadees" in paragraph 4?

- Ⓐ To discuss an animal that regulates heat very well
- Ⓑ To demonstrate why chickadees have to eat so much
- Ⓒ To mention an exception to the rules of thermoregulation
- Ⓓ To give a reason for heat production in small animals

Paragraph 4 is marked with an arrow [→].

18. In paragraph 6, the author states that mammals accomplish evaporative cooling by all of the following methods EXCEPT

- Ⓐ spreading saliva over the area
- Ⓑ urinating on the body
- Ⓒ panting or fluttering a pouch
- Ⓓ immersing themselves in water

Paragraph 6 is marked with an arrow [→].

19. The word *enhance* in the passage is closest in meaning to

- Ⓐ simplify
- Ⓑ improve
- Ⓒ replace
- Ⓓ interrupt

20. **Directions:** An introduction for a short summary of the passage appears below. Complete the summary by selecting the THREE answer choices that mention the most important points in the passage. Some sentences do not belong in the summary because they express ideas that are not included in the passage or are minor points from the passage. *This question is worth 2 points.*

**Thermoregulation is the process by which animals control body temperatures within healthy limits.**

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**Answer Choices**

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| <p><b>A</b> Although hair can be a very efficient insulation when it is dry and it can be raised, hair becomes ineffective when it is submerged in cold water.</p> <p><b>B</b> Some animals with few adaptations for thermoregulation migrate to moderate climates to avoid the extreme weather in the polar regions and the tropics.</p> <p><b>C</b> Mammals and birds use insulation to mitigate heat loss, including hair and feathers that can be raised to trap air as well as fat or blubber under the skin.</p> | <p><b>D</b> Some birds have a special pouch in the mouth, which can be fluttered to increase evaporation and decrease their body temperatures by as much as 20°C.</p> <p><b>E</b> Endotherms generate heat by increasing muscle activity, by releasing hormones into their blood streams, or by producing heat in brown fat tissues.</p> <p><b>F</b> Panting, sweating, and spreading saliva or urine on their bodies are all options for the evaporative cooling of animals in hot environmental conditions.</p> |
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**Reading 3**

The following reading passage was adapted from *Psychology Applied to Modern Life*, Ninth Edition by Wayne Weiten et al., Wadsworth, 2009.

**“Social Readjustment Scales”**

- P1 → In 1967, Holmes and Rahe developed the Social Readjustment Rating Scale (SRRS) to measure life change as a form of stress. A The scale assigns numerical values to 43 major life events that are supposed to reflect the magnitude of the readjustment required by each change. In responding to the scale, respondents are asked to indicate how often they experienced any of these 43 events during a certain time period (typically, the past year). The person then adds up the numbers associated with each event checked. B
- P2 → The SRRS and similar scales have been used in thousands of studies by researchers all over the world. C Overall, these studies have shown that people with higher scores on the SRRS tend to be more vulnerable to many kinds of physical illness—and many types of psychological problems as well. D More recently, however, experts have criticized this research, citing problems with the methods used and raising questions about the meaning of the findings.
- P3 First, the assumption that the SRRS measures change exclusively has been shown to be inaccurate. We now have ample evidence that the desirability of events affects adaptational outcomes more than the amount of change that they require. Thus, it seems prudent to view the SRRS as a measure of diverse forms of stress, rather than as a measure of change-related stress.
- P4 → Second, the SRRS fails to take into account differences among people in their subjective perception of how stressful an event is. For instance, while divorce may deserve a stress value of 73 for *most* people, a particular person’s divorce might generate much less stress and merit a value of only 25.
- P5 → Third, many of the events listed on the SRRS and similar scales are highly ambiguous, leading people to be inconsistent as to which events they report experiencing. For instance, what qualifies as “trouble with the boss”? Should you check that because you’re sick and tired of your supervisor? What constitutes a “change in living conditions”? Does your purchase of a great new sound system qualify? As you can see, the SRRS includes many “events” that are described inadequately, producing considerable ambiguity about the meaning of one’s response. Problems in recalling events over a period of a year also lead to inconsistent responding on stress scales, thus lowering their reliability.
- P6 Fourth, the SRRS does not sample from the domain of stressful events very thoroughly. Do the 43 events listed on the SRRS exhaust all the major stresses that people typically experience? Studies designed to explore that question have found many significant omissions.

P7 → Fifth, the correlation between SRRS scores and health may be inflated because subjects' neuroticism affects both their responses to stress scales and their self-reports of health problems. Neurotic individuals have a tendency to recall more stress than others and to recall more symptoms of illness than others. These tendencies mean that some of the correlation between high stress and high illness may simply reflect the effects of subjects' neuroticism. The possible contaminating effects of neuroticism obscure the meaning of scores on the SRRS and similar measures of stress.

### The Life Experiences Survey

P8 In the light of these problems, a number of researchers have attempted to develop improved versions of the SRRS. For example, the Life Experiences Survey (LES), assembled by Irwin Sarason and colleagues, has become a widely used measure of stress in contemporary research. The LES revises and builds on the SRRS survey in a variety of ways that correct, at least in part, most of the problems just discussed.

P9 Specifically, the LES recognizes that stress involves more than mere change and asks respondents to indicate whether events had a positive or negative impact on them. This strategy permits the computation of positive change, negative change, and total change scores, which helps researchers gain much more insight into which facets of stress are most crucial. The LES also takes into consideration differences among people in their appraisal of stress, by dropping the normative weights and replacing them with personally assigned weightings of the impact of relevant events. Ambiguity in items is decreased by providing more elaborate descriptions of many items to clarify their meaning.

P10 The LES deals with the failure of the SRRS to sample the full domain of stressful events in several ways. First, some significant omissions from the SRRS have been added to the LES. Second, the LES allows the respondent to write in personally important events that are not included on the scale. Third, the LES has an extra section just for students. Sarason and colleagues suggest that special, tailored sections of this sort be added for specific populations whenever it is useful.

21. Based on the information in paragraph 1 and paragraph 2, what can be inferred about a person with a score of 30 on the SRRS?

- (A) A person with a higher score will experience less stress than this person will.
- (B) It is likely that this person has not suffered any major problems in the past year.
- (C) The amount of positive change is greater than that of a person with a score of 40.
- (D) This person has a greater probability to be ill than a person with a 20 score.

Paragraph 1 and paragraph 2 are marked with arrows [→].

22. Look at the four squares [■] that show where the following sentence could be inserted in the passage.

**This sum is an index of the amount of change-related stress the person has recently experienced.**

Where could the sentence best be added?

Click on a square [■] to insert the sentence in the passage.

23. The word *outcomes* in the passage is closest in meaning to

- (A) opportunities
- (B) conditions
- (C) results
- (D) issues

24. In paragraph 4, why does the author use divorce as an example?

- (A) To show how most people respond to high stress situations in their lives
- (B) To demonstrate the serious nature of a situation that is listed as a stressful event
- (C) To illustrate the subjective importance of a situation listed on the scale
- (D) To identify the numerical value for a stressful event on the SRRS

Paragraph 4 is marked with an arrow [→].

25. In paragraph 5, how does the author demonstrate that the response events on the SRRS are not consistent?

- (A) By asking questions that could be answered in more than one way
- (B) By giving examples of responses that are confusing
- (C) By comparing several ways to score the stress scales
- (D) By suggesting that people do not respond carefully

Paragraph 5 is marked with an arrow [→].

26. According to paragraph 7, why is the SRRS inappropriate for people with neuroses?

- Ⓐ They are ill more often, which affects their scores on the scale.
- Ⓑ Their self-reporting on the scale is affected by their neuroses.
- Ⓒ They tend to suffer more stress than people without neuroses.
- Ⓓ Their response to stress will probably not be recorded on the scale.

Paragraph 7 is marked with an arrow [→].

27. The word *assembled* in the passage is closest in meaning to

- Ⓐ announced
- Ⓑ influenced
- Ⓒ arranged
- Ⓓ distributed

28. The word *relevant* in the passage is closest in meaning to

- Ⓐ occasional
- Ⓑ modern
- Ⓒ related
- Ⓓ unusual

29. According to the passage, which of the following is true about the SRRS as compared with the LES?

- Ⓐ The SRRS includes a space to write in personal events that have not been listed.
- Ⓑ The SRRS features a section for specific populations such as students.
- Ⓒ The SRRS assigns numbers to calculate the stress associated with events.
- Ⓓ The SRRS has hints to help people recall events that happened over a year ago.

30. **Directions:** An introduction for a short summary of the passage appears below. Complete the summary by selecting the THREE answer choices that mention the most important points in the passage. Some sentences do not belong in the summary because they express ideas that are not included in the passage or are minor points from the passage. *This question is worth 2 points.*

Several social readjustment scales have been developed to measure stress from life changing events.

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**Answer Choices**

- A The Life Experiences Survey (LES) takes into consideration both positive and negative changes as well as the individual differences among people assigning values for stressful events.
- B The Life Experiences Survey (LES) was developed to correct a number of problems in the Social Readjustment Rating Scale (SRRS).
- C The Social Readjustment Rating Scale (SRRS) assigns mathematical values to major life events and collects data about the events that an individual has experienced during a specific time.
- D Researchers have called into question the usefulness of instruments like the Social Readjustment Rating Scale (SRRS) and the Life Experiences Survey (LES) and have begun to develop a new scale to measure stress.
- E People who have neurotic tendencies are not good candidates to take the Social Readjustment Scale (SRRS) because they may provide higher values for stressful events.
- F Both positive and negative events can cause stress, according to the social readjustment scales designed to measure them.