

## SAMPLE TEST NEO FINAL - 3ER AÑO

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### PART 1 - LISTENING

#### 1. Listen and choose the best options to answer the questions

##### Audio script:

"Procrastination is often misunderstood as laziness, but it's actually a strategy for emotional regulation. When a task feels overwhelming or causes anxiety, our brain avoids those negative feelings by switching to a more pleasant activity, like social media.

This creates a 'guilt cycle' where the delay leads to even more stress. Perfectionists are particularly vulnerable; their intense fear of making mistakes often prevents them from even starting. To break this, experts suggest the 'five-minute rule'. By committing to work for just five minutes, you reduce the initial friction. Usually, once you start, the anxiety disappears and you find the momentum to continue."

#### 1. What is the speaker's main point about procrastination?

- (A) It is primarily a lack of time management skills.
- (B) It is a biological need for more rest and sleep.
- (C) It is an emotional defense mechanism against stress.
- (D) It is a habit that only affects unmotivated students.
- (E) It is a useful way to prioritize easy tasks over hard ones.

#### 2. Why are perfectionists more likely to procrastinate?

- (A) They have too many high-quality tools to choose from.
- (B) They are easily distracted by social media notifications.
- (C) Their fear of not being perfect makes them avoid the task.
- (D) They prefer to work only when they feel very happy.
- (E) They don't believe that short tasks are important.

#### 3. What is the goal of the "five-minute rule"?

- (A) To finish all your pending work in a very short time.
  - (B) To lower the mental resistance of starting a difficult task.
  - (C) To prove that you can work faster than other people.
  - (D) To reward yourself with a break after five minutes of work.
  - (E) To ignore the task if it takes more than five minutes to do.
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## **PART 2 - Reading**

### **3. Read and choose the correct answer.**

**Text:**

“Visiting historical places helps people learn about the past. These places show how people lived, what they believed, and how societies developed over time.”

**Q: What is the main idea?**

- A. History is boring
- B. Historical places teach about the past
- C. People don't visit museums
- D. Societies don't change
- E. Travel is expensive

### **4. Read and choose the correct answer.**

**Text:**

“At community events, organizers usually plan activities for all ages. They prepare music, food, and games so everyone can enjoy the experience and feel included.”

**Q: What do organizers do?**

- A. Ignore visitors
- B. Cancel events
- C. Plan activities for people
- D. Sell only food
- E. Limit participation

## **PART 3 - Vocabulary & Grammar**

### **5. “Adapt” means to change in order to fit a new situation.**

- A. improve
- B. adjust
- C. stop
- D. ignore
- E. repeat

### **6. “A person who always finishes tasks carefully and correctly is \_\_\_\_\_.”**

- A. careless
- B. reliable
- C. slow
- D. nervous
- E. lazy

### **7. She \_\_\_\_\_ to different countries last year.**

- A. travels

- B. traveled
- C. was traveling
- D. traveling
- E. has traveled

8. While they \_\_\_\_\_ the presentation, the lights went out.

- A. prepared
- B. prepare
- C. were preparing
- D. are preparing
- E. have prepared

#### **PART 4 - Writing**

9. Write a short paragraph (3-4 sentences) comparing your lifestyle or routine in the past versus your life today. Use the structure "used to" to describe your old habits and the word "now" (along with the present tense) to describe your current situation.

#### **PART 5 - Speaking**

**Practice your speaking following the instructions below.**

**Instructions:** Look at the prompts below. You have 1 minute to prepare your ideas. Then, you will speak for 1 to 2 minutes.

#### **Practice Exercise 1: Technology & Current Actions**

- Introduce yourself: Say your name, your age, and what grade you are in.
- Think about a technological gadget you are using a lot these days. What are you doing with it exactly? Why is this device so useful for you?
- Describe a situation where a friend is using their phone during a movie. Is it annoying or boring? Why?

#### **Practice Exercise 2: Healthy Habits & Life Experiences**

**Instructions:** Look at the prompts below. You have 1 minute to prepare your ideas. Then, you will speak for 1 to 2 minutes.

- Compare your lifestyle today with your lifestyle three years ago. Is your routine healthier or more stressful now? Why?
- Imagine you are going to start a new fitness challenge next month. What are you going to change in your daily routine to succeed?

### Practice Exercise 3: Social Situations & Hypothetical Ideas

**Instructions:** Look at the prompts below. You have 1 minute to prepare your ideas. Then, you will speak for 1 to 2 minutes.

- Imagine you see a student crying in the hallway at school. What might be the reason? (Give two possibilities).
- If the school cafeteria offers only healthy food next year, what will happen? How will the students react?