

סוג הבחינה: בגרות
מועד הבחינה: חורף תשפ"א, 2021
מספר השאלון: 016484

אנגלית

שאלון ד' (MODULE D)

גרסה א'

הוראות לנבחן

- א. משך הבחינה: שעה וחצי.
- ב. מבנה השאלון ומפתח ההערכה: בשאלון זה שני פרקים.
פרק ראשון – הבנת הנקרא – 70 נקודות
פרק שני – מטלת כתיבה – 30 נקודות
סך הכול – 100 נקודות
- ג. חומר עזר מותר בשימוש: אחד המילונים או אחת המילוניות מן הרשימה שבאתר הפיקוח על הוראת האנגלית ובאתר של אגף הבחינות במשרד החינוך.
- נבחן "עולה חדש" רשאי להשתמש גם במילון דו-לשוני: אנגלי-שפת אימו / שפת אימו-אנגלי.
השימוש במילון אחר טעון אישור של הפיקוח על הוראת האנגלית.
- ד. הוראות מיוחדות:
- (1) עליך לכתוב את כל תשובותיך בגוף השאלון (במקומות המיועדים לכך).
 - (2) כתוב את כל תשובותיך באנגלית ובעט בלבד.
 - (3) בתום הבחינה החזר את השאלון למשגיח.

שים לב: אין להוסיף דפים למחברת הבחינה.

ההנחיות בשאלון זה מנוסחות בלשון זכר ומכוונות לנבחנות ולנבחנים כאחד.

בהצלחה!



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PART I: WRITTEN RECEPTION (70 points)

(ACCESS TO INFORMATION FROM WRITTEN TEXTS)

Read the text below and then answer questions 1-7.

TINY CHANGES

I Many people think they should change something about their behavior. They believe that if they acquire a new habit, they will be more successful. For example, they feel they don't read or exercise enough because they spend too much time watching TV. However, people often aim for unrealistic goals and the result is disappointment. But now, a new method called Tiny Habits, developed by behavioral scientist Dr. B.F. Fogg, suggests that making changes is easier than most people think.

II Dr. Fogg's method is to make each change so tiny that it is extremely easy to do. "Focus on the new habit you want, but start in a really small way," he says. "Make the task so simple that you'll have no excuse not to do it, even if you are very tired or can't concentrate. If the change you want is to read more, all you have to do is start by reading only one paragraph every day."

III Next, according to Dr. Fogg, you should fit this new habit into your schedule when it is most convenient. For example, one person might find it best to read every day right after coming home from work. Another person might choose to do it just before going to sleep. Read just that one paragraph as part of your routine and you have created a tiny new habit. Last, do something to celebrate your accomplishment. Sing your favorite song or do whatever makes you feel successful. Gradually, you will learn to connect the new habit with a positive feeling.

IV "The main advantage of my method is that each accomplishment creates a positive feeling instead of the negative feeling people have after failures," says Dr. Fogg. "In this way, you gradually begin to have a better opinion of yourself. Your identity starts to change. You begin to see yourself as a person who reads or exercises, and the tiny changes will soon turn into big ones."

Simplified and adapted from "Tiny Habits' Are The Key To Behavioral Change,"

<https://www.npr.org/2020/02/25/809256398/tiny-habits-are-the-key-to-behavioral-change>.



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QUESTIONS (70 points)

Answer questions 1-7 in English, according to the text. In questions 1, 4 and 5, circle the number of the correct answer. In the other questions, follow the instructions.

1. According to paragraph I, many people believe that acquiring a new habit (-).

- i) is an unrealistic goal
- ii) will make them succeed more
- iii) will end in disappointment
- iv) can take too much time

(9 points)

2. According to paragraph I, give an example of a behavior people might want to change.

COMPLETE THE SENTENCE.

They don't

(9 points)

3. Why should the change in your behavior be tiny, according to Dr. Fogg? (paragraph II)

ANSWER:

(9 points)

4. Dr. Fogg says that if you want to change your reading habits, (-). (paragraph II)

- i) begin by reading a paragraph a day
- ii) don't begin reading when you are tired
- iii) focus on something simple to read
- iv) read only short paragraphs at first

(9 points)

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5. According to Dr. Fogg, the best time to read is (—). (paragraph III)

- i) after you come home from work
- ii) before going to sleep at night
- iii) when it fits into your schedule
- iv) at a time when you can concentrate

(9 points)

6. Why should you celebrate your tiny successes? (paragraph III)

ANSWER:

(9 points)

7. PUT A ✓ BY THE TWO CORRECT ANSWERS.

Success in making tiny changes is important because (—). (paragraph IV)

- i) it will improve the way you see yourself
- ii) it may even help you feel good about your failures
- iii) you will read more than one paragraph a day
- iv) you will gradually learn additional things
- v) it may soon lead to much bigger changes
- vi) you will become a person who exercises a lot

(2×8=16 points)

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PART II: WRITTEN PRODUCTION (30 points)

(WRITTEN PRESENTATION)

Write 80-100 words in English on the following topic.

8. What is one of your good habits?
In your opinion, why is this a good habit? Explain why you think people should adopt this habit.

בהצלחה!

Use this page and the next (pages 7-8) for writing a rough draft.



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