

סוג הבחינה: בגרות
מועד הבחינה: חורף תשפ"א, 2021
מספר השאלון: 016584

אנגלית

שאלון ו' (MODULE F)

גרסה א'

הוראות לנבחן

- א. משך הבחינה: שעה וחצי.
- ב. מבנה השאלון ומפתח ההערכה: בשאלון זה שני פרקים.
פרק ראשון – הבנת הנקרא – 60 נקודות
פרק שני – מטלת כתיבה – 40 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.
הערה: על כתיב שגוי יופחתו נקודות מהציון.

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 (60 points)
(ACCESS TO INFORMATION FROM WRITTEN TEXTS)

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

TINY HABITS

I At one time or another, most people realize that they would like to change something about their behavior. They believe that they should acquire a new habit which will help them be more effective. For example, they want to read or exercise more but spend too much time watching TV. However, changing behaviors may seem like an overwhelming challenge. Having motivation is not always enough. We often aim for unrealistic goals, and the results are disappointment and self-criticism. 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 According to his method, you should make each change in your behavior so tiny that it is extremely easy for you to do. The first step is focusing on the new habit you want but starting out really small. "Make the task so simple that you'll have no excuse not to do it under any circumstances," he says. "Perhaps you want to read more but are too tired or can't concentrate. With my method, all you have to do is read only one paragraph each time. Of course, you may read more."

III Dr. Fogg's second step is to fit this new habit into your existing routine when it is most convenient. For example, you might find it best to read every day right after coming home from work or just before going to sleep. Read just that one paragraph as part of your routine, and you have created a tiny new habit. Although you are making this habit part of your routine, perhaps set an alarm as a reminder. Last, this tiny success must be associated with a positive emotion. Celebrate! Sing your favorite song or do whatever makes you feel successful. In this way, your brain learns to enjoy the new habit and looks forward to it.

IV Dr. Fogg claims that the main advantage of his method is that each accomplishment creates a positive feeling, which replaces that negative feeling we have after failures. Adopting a positive picture of ourselves can lead to significant changes. "When you feel successful, your identity starts to change. You begin to see yourself as a person who reads or exercises, for instance. You gradually learn to feel good about your successes, no matter how tiny they are. That's what leads to transformation. In time, tiny changes will 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 (60 points)

Answer questions 1-7 in English, according to the text. In questions 1, 3 and 4, circle the number of the correct answer. In the other questions, follow the instructions.

1. According to paragraph I, acquiring a new habit (–).

- i) is an unrealistic goal
- ii) is less effective than most people think
- iii) might help us become successful
- iv) requires little motivation

(7 points)

2. According to paragraph I, why do many people fail in their attempts to change their behavior?

ANSWER:

(7 points)

3. Dr. Fogg claims his method is effective because (–). (paragraph II)

- (i) it teaches you how to concentrate at all times
- (ii) the task is so small you can do it no matter what
- (iii) you may choose to read any book you like
- (iv) nobody tells you what the new habit should be

(7 points)

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

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

(7 points)

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5. According to paragraph III, how should you choose the time to practice your new habit?

ANSWER: (8 points)

6. Why does Dr. Fogg say you should celebrate your tiny successes?

COMPLETE THE SENTENCE. (paragraph III)

Celebrating your tiny successes is a way to (8 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) you will become a person who exercises a lot
- iii) you will read more than one paragraph a day
- iv) you will gradually learn additional things
- v) it may even help you feel good about your failures
- vi) it may soon lead to much bigger changes

(2x8=16 points)

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PART II: WRITTEN PRODUCTION (40 points)

(WRITTEN PRESENTATION)

Write 100-120 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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