



University of Kelaniya – Sri Lanka
Centre for Distance and Continuing Education

Bachelor of Arts (General) Degree Second Examination (External) – 2023

September / October 2025

Career-based English
(New Syllabus)

CBEN 28223 – English in Today's World

No of questions: 05

Total marks: 80%

Time: 3 hours

Index No:

Answer all questions on this paper.

Question No.	Marks	
	Examiner 01	Examiner 02
01		
02		
03		
04		
05		
Total (80%)		



PART 01 - READING COMPREHENSION (20%)

Read the following passage and answer the questions.

Why We Sleep?

Matthew Walker

Do you think you got enough sleep this past week? Can you recall the last time you woke up without an alarm clock, feeling refreshed, not needing caffeine? If the answer to either of these questions is “no,” you are not alone. More than a third of adults in many developed nations fail to obtain the recommended seven to nine hours of nightly sleep.

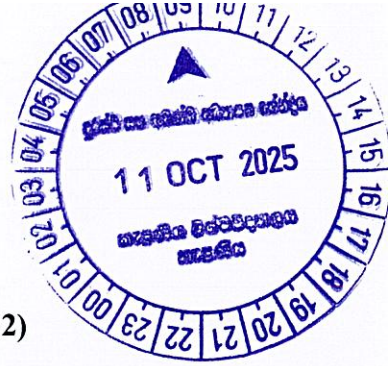
I doubt you are surprised by this fact, but you may be surprised by the consequences. Routinely sleeping less than six hours a night weakens your immune system, substantially increasing your risk of certain forms of cancer. Insufficient sleep appears to be a key lifestyle factor linked to your risk of developing Alzheimer’s disease. Inadequate sleep, even moderate reductions for just one week disrupts blood sugar levels so profoundly that you would be classified as pre-diabetic. Short sleeping increases the likelihood of your coronary arteries becoming blocked and brittle, setting you on a path toward cardiovascular disease, stroke, and congestive heart failure. Fitting Charlotte Brontë’s prophetic wisdom that “a ruffled mind makes a restless pillow,” sleep disruption further contributes to all major psychiatric conditions, including depression, anxiety, and suicidality.

Perhaps you have also noticed a desire to eat more when you’re tired? This is no coincidence. Too little sleep swells concentrations of a hormone that makes you feel hungry while suppressing a companion hormone that otherwise signals food satisfaction. Despite being full, you still want to eat more. It’s a proven recipe for weight gain in sleep-deficient adults and children alike. Worse, should you attempt to diet but don’t get enough sleep while doing so, it is futile, since most of the weight you lose will come from lean body mass, not fat.

Add the above health consequences up, and a proven link becomes easier to accept relative to the recommended seven to nine hours; the shorter your sleep, the shorter your life span. The old maxim “I’ll sleep when I’m dead” is therefore unfortunate. Adopt this mindset, and it is possible that you will be dead sooner, and the quality of that (shorter) life will be worse. The elastic band of sleep deprivation can stretch only so far before it snaps. Sadly, human beings are, in fact, the only species that will deliberately deprive themselves of sleep without legitimate gain. Numerous components of wellness, and countless seams of societal fabric, are being eroded by our costly state of sleep neglect: human and financial alike. So much so that the Centres for Disease Control and Prevention declared insufficient sleep as a public health epidemic. It may not be a coincidence that countries where sleep time has declined most dramatically over the past century, such as the US, the UK, Japan, and South Korea, and several in western Europe, are also those suffering the greatest increase in rates of the aforementioned physical diseases and mental disorders.

Scientists such as myself have even started lobbying doctors to start “prescribing” sleep. As medical advice goes, it’s perhaps the most painless and enjoyable to follow. Do not, however, mistake this as a plea to doctors to start prescribing more sleeping pills; quite the opposite, in fact, considering the evidence surrounding the deleterious health consequences of these drugs.

(Source: <https://test-english.com/reading/b1-b2/why-we-sleep-b1-english-reading-test/>)



A) Choose the most suitable answer from the options provided. (6 × 2 = 12)

1. **According to the passage, how many hours of sleep are recommended for adults?**
 - a) 4–5 hours
 - b) 5–6 hours
 - c) 7–9 hours
 - d) 10–12 hours
2. **Lack of sleep for just one week can disrupt:**
 - a) Vision and hearing
 - b) Blood sugar levels
 - c) Skin and hair health
 - d) Muscle strength
3. **Which disease is *not* mentioned as being linked to insufficient sleep?**
 - a) Alzheimer's disease
 - b) Cancer
 - c) Diabetes
 - d) Asthma
4. **Too little sleep increases hunger because:**
 - a) It reduces the need for water
 - b) It changes hormone levels
 - c) It makes food taste better
 - d) It slows digestion
5. **The passage describes insufficient sleep as:**
 - a) A minor health issue
 - b) A public health epidemic
 - c) A personal lifestyle choice
 - d) A seasonal disorder
6. **According to the passage, humans are the only species that:**
 - a) Sleep during the day
 - b) Sleep less as they grow older
 - c) Deprive themselves of sleep deliberately
 - d) Need caffeine to stay awake



B) Answer the following questions (4 × 2 = 8)

1. Name two serious health risks mentioned in the passage that result from routine sleeping less than six hours.
.....
.....
2. How does sleep deprivation affect a person's ability to lose weight effectively?
.....
.....
3. Why does the author say, "the shorter your sleep, the shorter your life span"?
.....
.....
4. What alternative solution do scientists suggest instead of prescribing sleeping pills?
.....
.....

PART 02 – GRAMMAR & VOCABULARY (15%)

A) Rewrite the following sentences with the equivalents of the bold words in the variety of English indicated in the brackets. Refer to the example. (1x 10 = 10 marks)

*E.g., They went to the **movie theatre** to watch the new **movie**. (In British English)*

*Answer: They went to the **cinema** to watch the new **film**.*

1. They took the **elevator** to their **apartment**. (In British English)
.....
2. Please throw the **garbage** into the **trash can**. (In British English)
.....
3. We are going on **vacation** in the **fall**. (In British English)
.....



4. He played **soccer** in the **yard**. (In British English)

.....

5. She bought a **handbag** and wore a **jumper**. (In American English)

.....

B) Select and underline the appropriate phrasal verb to complete the following sentences. (1 x 5 = 5 marks)

1. Please look (into/after) the matter carefully.
2. She ran (away/off) when she saw the dog.
3. We are looking (forward to/for) the holidays.
4. The teacher asked the students to put (up/off) their homework until next week.
5. He came (across/through) an old photograph in the drawer.

PART 03 – POLITICALLY CORRECT LANGUAGE (10%)

Choose the most appropriate politically correct term from the box given below for the terms in bold letters and rewrite the following sentences, replacing the politically correct terms. (1 mark × 10 – 10 marks)

person with mental health issues		person of foreign nationality		enslaved person	
homemaker		wheelchair-user		person experiencing poverty	
humankind		visually impaired person		Asian descent	
				participants	

1. The **Oriental** chef prepared a special dish.
.....
2. The **housewife** manages the home and children efficiently.
.....
3. The **insane man** was admitted to the hospital.
.....
4. The **foreigner** asked for directions to the museum.
.....
5. **Mankind** has achieved incredible scientific progress. progress.



.....

6. The **man in the wheelchair** shared his childhood stories.

.....

7. The **blind woman** read the book with difficulty.

.....

8. The **poor people** struggled to get enough food.

.....

9. The **slave** worked in harsh conditions on the plantation.

.....

10. “Dear **ladies and gentlemen**, let’s start the conference,” said the compere.

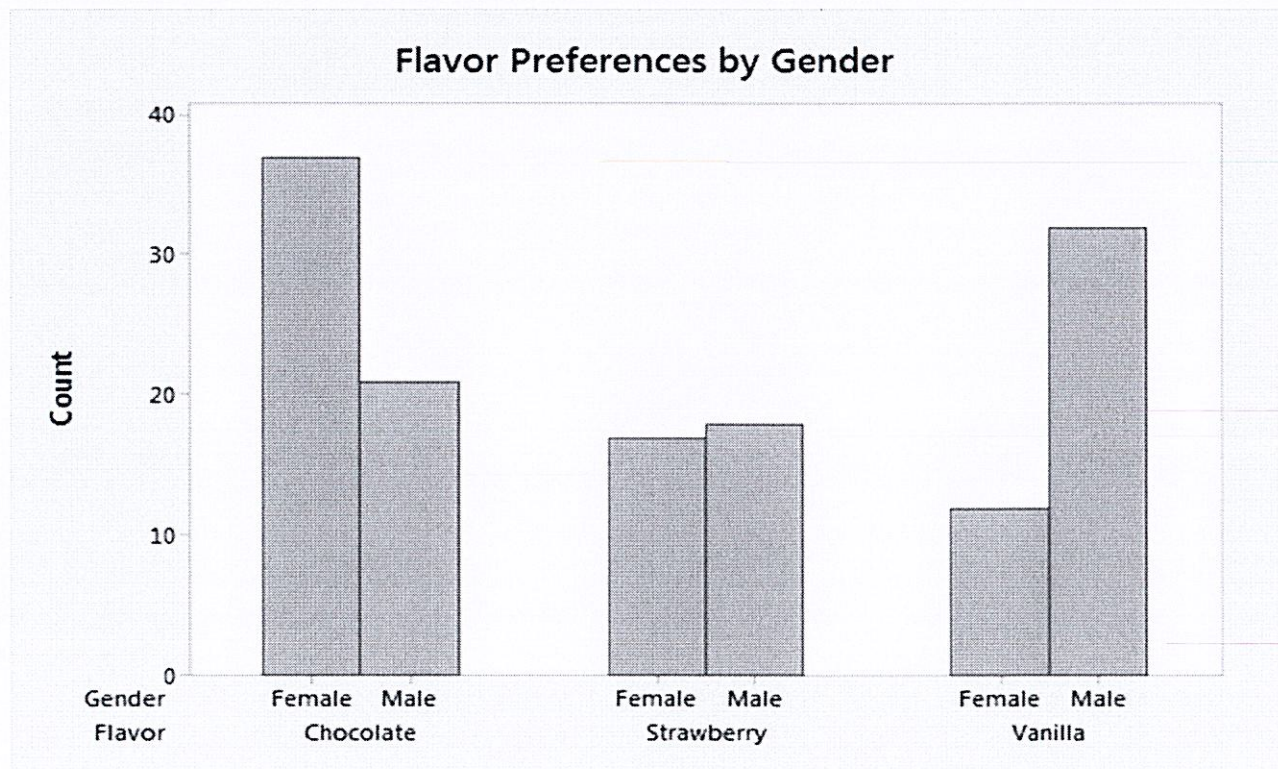
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PART 04 – DATA DOCUMENTARY (15%)

The bar chart below shows the number of male and female students who prefer different ice cream flavours. Write a data commentary in 100–125 words. (15 Marks)

In your response, you should:

- Describe the main features of the chart.
- Make relevant comparisons between male and female students.
- Highlight any notable trends or patterns.





PART 05 – ESSAY WRITING (20%)

**Select one topic from the given list and write an essay using approximately 200-250 words.
(20 marks)**

1. Reducing 'Poverty and Inequality' in Sri Lanka.
2. Usage of polite and respectful language.
3. Process of ending 'Racial Discrimination' in our country.