

**UNIVERSITY COLLEGE TATI (UCTATI)****FINAL EXAMINATION QUESTION BOOKLET**

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| COURSE CODE      | : FGE1023                |
| COURSE           | : COMUNICATION SKILLS II |
| SEMESTER/SESSION | : 2-2024/2025            |
| DURATION         | : 3 HOURS                |

**Instructions:**

1. This question booklet contains 3 sections. Answer all questions.
2. All answers should be written in the **answer** booklet.
3. Write legibly and draw sketcher wherever required.
4. If in doubt, raise your hands and ask the invigilator

**DO NOT OPEN THIS BOOKLET UNTIL YOU ARE TOLD TO DO SO**

**THIS BOOKLET CONTAINS 9 PRINTED PAGES INCLUDING COVER PAGE**

## COMMUNICATION SKILLS II (FGE1023)

**SECTION A : READING COMPREHENSION (30 MARKS)**

*Read the following passage and answer the questions in complete sentences. Your answers should be based on the passage.*

**Brain Reasons to make Reading a Habit**

**By Jim Kwik**

- I The digital era has changed the way we read. According to a study from the Pew Research Center, the average American is reading fewer books than they were forty years ago, with only 31% of the population reading at least one book a year. This is a 10% decline in overall reading habits. So, why are people reading less? It may seem simplistic to say technology, but the availability of social media, streaming apps, and access to the Internet has provided a welcome distraction to many people who are overworked and overwhelmed. And there are plenty of digital resources for anyone to access news, stories, and other reading material that condense the content into bite-sized pieces. Studies show that the average reading time online is approximately 55 seconds, which isn't nearly long enough to see the amazing brain benefits reading can provide. There are numerous reasons to read a pick ranging from learning something new, getting an in-depth perspective on a topic, and simply enjoying a story for entertainment. Beyond that, reading is also good for your brain. Here are some reasons why you should make reading a habit. 5 10 15
- II **1. Strengthens Your Brain**  
Reading lights up your entire brain. A 2013 study out of Emory University measured readers MRI scans as they read a book. They found that the deeper readers went into the story, the more areas of their brain activated. Even more surprisingly, this activity stayed elevated for several days after participants finished the book. The more you read, the stronger these complex networks of activity become. 20
- III These findings led to researchers wanting to understand why the somatosensory and motor cortex—the area of your brain that responds to movement, sensations, and pain—remained active long after a book was finished. Researchers believe 25

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that reading puts your brain in the body of the protagonist and alters the activity in these areas as a result.

- IV Research out of Boston Children’s Hospital showed that reading can (rewire your brain) (create new neural networks), and strengthen the white matter in the corpus callosum, which (enhances communication between the two brain hemispheres). 30  
This allows you to (process information more efficiently) (helping you learn faster). They also found that reading (strengthens your visual and auditory comprehension), particularly if you’re listening to someone read out loud. A 2011 study upheld these findings, showing that while starting a reading habit as a child is ideal, you can enjoy these powerful brain benefits at any age. 35
- V **2. Reduces Your Stress**  
According to a 2009 study conducted at Sussex University, reading reduces your stress levels by up to 68%. In as little as (six minutes of being immersed in a book), your heart rate slows, your blood pressure lowers, and your muscles begin to relax. To enjoy the long-term benefits of reading, (research suggests that thirty 40  
minutes of daily reading) dramatically impacts the physical symptoms of stress. It doesn’t matter what type of book you read—including audiobooks—as long as you’re able to (focus on (reading without interruptions.))
- VI Reading with your child can also decrease your stress while increasing your parent-child bond. A 2020 study from the Journal of the American Psychological 45  
Association found that (parents who read to their children daily from the ages of six to eighteen months had lower stress levels, were more sensitive to their children’s needs, and were warmer to their children) The shared reading time sharpens the emotional bond you have with your children, while the lower stress levels help 50  
elevate your mood, leading to an increase in other behaviors such as patience, tolerance, and empathy. Cultivating a daily reading habit can not only help keep you grounded, especially when you’re facing difficult times, it can become cherished bonding time for you and your children.
- VII **3. Expands Your Knowledge**  
In this digital era, it might be easy to believe that you can only get useful 55  
information from YouTube videos. But as American writer and illustrator Tomie

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dePaola says, "Reading is important because if you can read, you can learn anything about everything and everything about anything." A YouTube video can help you understand the topic, but short videos don't allow you to swim into the vast depths of the subject matter.

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VIII In fact, while it may be tempting to believe that multimedia can expand or increase learning, research indicates that the positive impact seen from these types of teaching styles are minimal without reading as the core teaching module. Additionally, higher reading comprehension has been correlated with greater scientific literacy. Books are written from decades of experience, which is impossible to deliver in just a few minutes of video content. Digital sources of information are useful and might help you get started on your research, but to go beyond the surface and gain profound knowledge in any subject, you need the expansive knowledge reading brings.

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IX **Conclusion**

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Reading is a habit that can improve your lifespan by reducing your stress, enhancing your mental health, developing new neural pathways, helping you learn empathy, improving your ability to communicate, and providing you with healthy entertainment. There may be a lot of new hobbies in the digital world, but reading is one of the few habits that improve your lifespan. In fifteen to thirty minutes a day, you can enjoy all of these amazing brain benefits and set you on the path to unlock your limitless life.

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*Adapted from Medium.com*

1. According to the article, how has the reading habit of the average American changed over the past 40 years? (3 marks)
2. According to Paragraph I, what are the **THREE (3)** reasons people reading less today? (3 marks)
3. According to the article, define the words and phrases below:
  - a) Somatosensory (Paragraph III, line 23) (3 marks)

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- b) Corpus callosum (Paragraph IV, line 29) (2 marks)
4. List **FOUR (4)** effects reading does to the brain. (4 marks)
5. Based on your reading in Paragraph V, list **THREE (3)** ways reading reduce stress?  
(3 marks)
6. Describe ways to enjoy long-term benefits of reading as stated in Paragraph V.  
(2 marks)
7. Elaborate **TWO (2)** most important benefits of reading with your child as stated in Paragraph VI. (4 marks)
8. According to Paragraph IX, state **SIX (6)** ways reading improves lifespan. (6 marks)

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**SECTION B: SHORT ANSWERS (30 MARKS)**

1. Choose the correct answer for the words in the box.

|                   |                |              |               |
|-------------------|----------------|--------------|---------------|
| Moreover ✓        | In addition ✓  | By ✓         | For example ✓ |
| Finally ✓         | For instance ✓ | Although ✓   | Instead of ✓  |
| On the other hand | Ultimately ✓   | nevertheless | Furthermore ✓ |

**The Importance of Exercise in Daily Life**

Exercise is crucial for maintaining a healthy lifestyle. (a) \_\_\_\_\_, it helps to improve cardiovascular health, strengthen muscles, and enhance flexibility. (b) \_\_\_\_\_, regular physical activity can boost mental health by reducing symptoms of anxiety and depression. (c) \_\_\_\_\_ people recognize the benefits of exercise, many still struggle to incorporate it into daily routines. (d) \_\_\_\_\_, the demands of work and family life can make it difficult to find time and energy for regular workouts. (e) \_\_\_\_\_, there are several strategies that can help individuals stay active despite a busy schedule. First, setting realistic goals is essential. (f) \_\_\_\_\_ aiming for an hour-long workout every day, try to start with short, manageable sessions. (g) \_\_\_\_\_, taking a 15-minute walk during lunch breaks can be a good way to begin. (h) \_\_\_\_\_, finding a workout buddy can provide motivation and accountability. (i) \_\_\_\_\_, incorporating enjoyable activities, such as dancing or cycling, can make exercise more appealing. (j) \_\_\_\_\_, making exercise a priority is key to reaping its benefits. (k) \_\_\_\_\_ adopting a positive mindset and being consistent, individuals can improve their overall health and well-being. (l) \_\_\_\_\_, celebrating small achievements can help sustain motivation over time.

(12 marks)

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2. Construct **THREE (3)** Topic Sentences from **each** Thesis Statement below:

a) Climate change poses a severe threat to global ecosystems by causing rising sea levels, increasing extreme weather events, and disrupting biodiversity.

(6 marks)

b) Implementing school uniforms reduces bullying, promotes equality, and fosters a sense of school community

(6 marks)

c) The rise of social media has significantly impacted interpersonal communication, altering how people form relationships, share information, and perceive their social identity

(6 marks)

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**SECTION C: WRITING (40 MARKS)**

Your college is conducting a survey on *mental health challenge among students in college*.

As students' representative, you are required to write your response in essay form.

1. Write an introductory paragraph exploring the mental health challenges that students face in college. Propose specific changes or programs that could improve mental health support on campus, including ***counseling services***, ***peer support networks***, and ***awareness campaigns***. You may refer to the guidelines below:

**Guidelines:**

1. The basis of your essay is to inform.
2. Ensure your introductory paragraph has a logical structure including Thesis Statement.
3. Include **THREE (3)** main ideas as proposed in the question in your Thesis Statement.
4. Use transitional markers where necessary.
5. Use clear and concise language, with proper grammar, spelling and punctuation.

(10 marks)

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2. Elaborate **THREE (3)** main ideas on specific changes or programs that could improve mental health support on campus, including **counseling services**, **peer support networks**, and **awareness campaigns**. You may refer to the guidelines below:

## Guidelines:

1. The basis of your essay is to inform.
2. Ensure your elaborations are written in **THREE (3)** separate paragraphs.
3. Include **THREE (3)** main ideas as proposed in the question.
4. Each main idea must be elaborated using at least **THREE (3)** supporting details.
5. Use transitional markers where necessary.
6. Use clear and concise language, with proper grammar, spelling and punctuation.

(30 marks)

## -----End of Question Paper-----

- campus should open free  
 - counselling services . it is bec - student will if student want to take an — they not afraid of the charge
- campus need to do  
 - awareness campaign at least once a month  
 - this ~~a~~ <sup>will</sup> ~~should~~ give the student information about ~~the~~ the important of mental health, how to life as students  
 - Besides counselling services, this campaign is also important because student will be more aware about their mental health  
 - In the end of this campaign students will know how to setup their own time as students and will achieve the best CGPA
- = sometimes student is afraid to talk  
 - with — student will easier handle their own schedule of their daily life on campus
- Peer support network - should be held on every studies institute  
 - give students, relieves of their stress  
 feel more  
 - can improve mental health among students

