

The Canadian Academic English Language (CAEL) Assessment

Practice Test

In the CAEL Assessment, you will be asked to do the things you would be expected to do in a university course. You will listen to a university lecture and take notes on a topic. You will read articles which provide you with additional information about the topic and answer questions about them. Finally, you will be asked to write a response to a question about the topic using information from the readings and the lecture.

Summary

Time	Task	Points
15 minutes	Reading 1	17 points
10 minutes	Reading 2	15 points
15 minutes	Listening	36 points
45 minutes	Writing	Level placement

Total time: 1 hour and 25 minutes

All the information in this test relates to the topic of sleep. You will need information from the readings and the lecture to complete the writing task. You will be writing an essay answering the following question:

What is sleep and is it possible that someday we might change our sleep patterns to reduce the number of hours of sleep we need?

READING 1: [SLEEP]

15 minutes/17 points

Read the questions below and then quickly scan the article to find the answers.

1. According to the article, what are 2 characteristics of sleep? Put check marks (✓) beside the correct answers.

(2 points)

- Loud and excessive snoring
- Loss of consciousness
- Slowing of functions of body and mind
- Dreaming and night terrors

2. What are two reasons we need sleep?

(2 points)

- _____
- _____

3. What do modern physiologists believe causes normal sleep?

(1 point)

4. Fill in the chart below with the effects of sleep on the body.

(4 points)

PART OR FUNCTION OF THE BODY	EFFECT
	slowed
Circulatory activity	lowered
Body temperature	
	relaxed
Pattern of electric discharges	

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4. What is the difference between the function of the senses during sleep and wakefulness?
(1 point)

5. Is this sentence TRUE or FALSE?
(1 point)

It requires more noise to wake a sleeping person during the first hour of sleep than during the second hour.

___ TRUE ___ FALSE

6. What is the evidence that there is activity in the higher centres of the brain during sleep?
(1 point)

7. Do we need more or less sleep as we grow older? _____
(1 point)

8. Match the **TERMS** with the **DEFINITIONS** by putting the letter of the correct definition in front of the term.
(3 points)

TERMS
___ Insomnia
___ Somnambulism
___ Somniloquy

DEFINITIONS
a. Sleepwalking
b. Inability to sleep
c. Sleep talking

9. According to the article, does drinking coffee prevent sleep for most normal people?
(1 point)

___ YES ___ No

END OF READING 1

READING 2: "THREE HOURS OF SLEEP 'IDEAL', SAYS DOCTOR"

(10 minutes/15 points)

Read the questions below before reading the article. Now quickly glance through the article to find the information.

1. What are the best times to sleep according to Dr. Chauve?

(1 point)

- _____
- _____

2. Complete the following sentences by placing one word or phrase in each blank.

(4 points)

Chauve measured sleep and _____ with electrodes and concluded that night workers should take _____ sleep breaks between _____ to keep from becoming too tired.

3. What happens to the body temperature at certain times of the day?

(1 point)

4. What are the 3 sleep cycles?

(3 points)

- _____
- _____
- _____

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5. Which 2 cycles are the most productive?

(1 point)

- _____
- _____

6. List three substances that people believe help you stay awake longer.

(3 points)

- _____
- _____
- _____

END OF READING 2

LISTENING SECTION

(15 minutes/36 points)

During this part of the test you will hear a taped lecture on the topic of sleep. The tape will be played only once. You must answer the questions while you are listening to the tape. The questions follow the sequence of the lecture. Do not stop to rewrite your answers during the listening. At the end of the lecture you will have 5 minutes to go over your answers. Take three minutes now to read over the questions before listening to the lecture.

Answer these questions while listening to the tape.

1. According to the lecturer, what three (3) things do many people wish they had more of?

Put check marks (✓) beside the correct answers.

(3 points)

- Hours in a day
- Money
- Time
- Adequate Sleep

2. Is this statement **TRUE** or **FALSE**? Put check marks (✓) beside the correct answer.

(1 point)

The average length of sleep for most people is 10 hours.

- True False

3. Choose the correct definition of **CATNAPPING**. Put check marks (✓) beside the correct answer.

(1 point)

- Sleeping with a cat
- Sleeping for short stretches of time
- Sleeping for a short time at night

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4. What was Dr. Stampje interested in?
(1 point)

5. According to legend, what was the total length of time Leonardo da Vinci slept each day?
(1 point)

6. Fill in the chart below with information describing our bodies' natural rhythm.
(2 points)

Every 4 hours we experience.....		
1. _____	2. Reduced energy	3. _____

7. How did using a **sleep-reduction technique** benefit Leonardo da Vinci?
(1 point)

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8. Fill in the chart below with information about the sleep-wake cycle of da Vinci and the volunteer artist for Dr. Stampje's research.

(2 points)

person	total sleep in 24 hrs.	length of sleep time	length of wake cycle
Leonardo da Vinci	90 min. or 1 ½ hrs.	15 minutes	• _____
volunteer artist	162 min. or 2 hrs. 42 min	• _____	4 hour cycle

9. How can a person reduce his/her sleep to 5 ½ or 6 hours a day?

(1 point)

10. Was the artist able to function on the reduced sleep schedule?

(1 point)

11. A year later the artist volunteered for another sleep test. Which wake-sleep cycle did he chose? (Put a check U beside the correct answer.)

(1 point)

- 15 minutes every 2 hours for 4 months
- 30 minutes every 4 hours for 2 months
- 27 minutes every 4 hours for 3 weeks
- 20 minutes every 2 hours for 2 months

12. How does the lecturer define "baseline level"?

(1 point)

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13. Why is it premature to think that we can reduce our sleep the way the artist did in the research study?

(2 points)

- _____
- _____

14. Take notes on the similarities and differences of the sleep cycles of humans and other animal species.

(4 points)

15. Why did the actor stop following the 15-minute-every-four-hours sleep schedule?

(1 point)

16. Fill in the chart below with information about the Canadian study of habitual napping.

(4 points)

CANADIAN STUDY OF HABITUAL NAPPING		
where	description of study	findings of study
University of Ottawa and the Sleep Disorders Clinic at the Ottawa General Hospital	The effects of regular afternoon naps on: <ul style="list-style-type: none">• _____• _____	1. Protects people against <ul style="list-style-type: none">• _____• High blood pressure

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17. What is then North American attitude toward napping in the afternoon?
(1 point)

18. Which industry is changing its attitude towards napping during the day?
(1 point)

19. What is the common Canadian sleep pattern?
(1 point)

20. The brain is programmed for two (2) sleep periods in twenty-four hours. When are they?
(2 points)

- _____
- _____

21. What price do we pay for ignoring these natural sleep cycles?
(1 point)

22. What are the two (2) best lengths of time to nap?
(2 points)

- _____
- _____

23. According to this researcher, how many hours of sleep does the average adult need?
(1 point)

END OF LISTENING SECTION