

Welcome!

First of all, thank you for showing your interest in our English class. The aim of this test is to provide a self-evaluation for your English level. It includes two articles and ten questions. You may check your answers after you've finished this test. Now, if you are ready, please read these two articles and answer the questions within 20 minutes without any help.

Happy reading!

Article one

Do you like shoes? Some people spend a fortune on them - even getting into debt to get their hands on (or their feet into) the latest pair of designer shoes. But when it comes to high-heeled shoes, the true cost might affect your health as well as your bank account. Take a look at our article.

While you read, look out for answers to these five questions:

1. Who were the first high-heeled shoes made for?
2. How high are the heels that can cause injury to feet?
3. 40 women took part in a study to find out the effects of wearing high heels regularly, but how many times a week did the women wear high heels?
4. What does Dr Yong-SeokJee recommend women to do?
5. Why did 17th Century Persian soldiers wear high heels when they were riding horses?



How high is too high?

Part 1

Many people believe high heels make women look good. So much so, it seems, that the organisers of the Cannes Film Festival reportedly barred women in flat shoes from walking the red carpet. But all this **glam** comes at a cost: wearing heels over 10cm high can damage your ankles.

Part 2

A study by Hanseo University in South Korea suggests that continuous wearing exposes women to the risk of **strains**, and makes them **prone to** losing their balance. A total of 40 women who wear high heels at least three times a week took part in the study. The strength of their ankles was measured regularly: researchers found that two of the four main muscles became **dominant** after a period of between one and three years. This created an imbalance in their feet.

Dr Yong-SeokJee from Hanseo University said that the habit of wearing heels can result in **deformed** feet, back pain and unhealthy walking patterns. He recommends that women limit the use of these kinds of shoes and exercise their ankle muscles properly.

Part 3

High heels are considered by some people to be sexy and feminine, but in fact the fashion started with men's feet. These shoes were a form of riding footwear, and were seen on the feet of 17th Century Persian soldiers. Elizabeth Semmelhack of the Bata Shoe Museum in Toronto says: "When the soldier stood up in his **stirrups**, the heel helped him to secure his **stance** so that he could shoot his bow and arrow more effectively."

Before becoming a **staple** of modern women's wardrobes, high heels were used by Louis XIV of France. These shoes were status symbols. Let's face it – nothing screams privilege like uncomfortable, luxurious and impractical clothing. They say the wearer doesn't have to work in fields or walk very far.

What do you think: are high heels a symbol of women's **elevation** in society - or should they be booted out of fashion?

Article two

Do you like having money? What do you spend it on? Some people say that having more money makes life much easier, but others say that it can't buy you happiness. What do you think? Here's an article about the possible link between our finances and our feelings.

While you are read, look out for answers to these five questions:

6. Which of these two statements is the best summary:

- Money helps us do a lot of things but it can't make our lives get better forever.
- Money makes our lives get better and better all the time.

7. According to the article, is this statement true or false? In the developing world, people are less happy because they don't have much money.

8. According to the article, what sort of toys were children happy to play with in the past?

9. Why is there a link between salary and happiness for people in the developed world?

10. Why a well-paid job could make some people unhappy?

More money might not mean more happiness



Would you have the kind of reaction you can see in this picture if you were suddenly given a lot of money? It might seem greedy to want all this cash, but for some people there is nothing better than holding a **wedge** of **notes**. For them, life with money is much easier. Paying bills, eating in **fancy** restaurants, buying expensive **luxury items** – these are all things you can do if you have the money. You don't have to worry about paying the rent every month. Each time you need to replace something in your home, like a washing machine – no problem, you can pay for it. Money does make life easier in some ways.

But money does not always equal happiness in every situation. There are places in the world where people don't have much money, but they are still happy. They **make do** with what they have and don't need money to buy expensive things. And in the past, money wasn't seen as the key to happiness. For example, parents wouldn't buy expensive toys for their children. Instead, the children were **content** to play with things they found, like sticks and stones in the garden.

Today in the developed world however, money might **be central to** our happiness. Having to pay more and more for things means we place more and more value on each coin and note in our pockets. So, the amount we earn in our jobs becomes **crucial** to our opinions about happiness. When we earn more, we feel happier. When countries become **wealthier**, there is usually improvement in education, lower **child mortality**, and longer **life expectancy**. The problem with this is that there is only so much of these things that money can buy. Things can't **keep on** getting better continuously.

And is there a point at which money can make us **decidedly** unhappy? For example, high-paid jobs often come with a lot of stress. There is only so much pressure you can take before you might need to quit **the rat race**, however good the pay is. Not to mention that it is very difficult, maybe almost impossible, to define what happiness actually is.

The answers to our questions:

1. They were made for men: they were worn by Persian soldiers in the 17th Century.
2. 10cm or more.
3. At least three
4. Dr Yong-SeokJee recommends women to exercise their ankle muscles properly.
5. When the soliders stood up to shoot at the enemy, their high heels helped them to stay securely on their horses.
6. Money helps us do a lot of things but it can't make our lives get better forever.
7. False.
8. Children in the past were 'content' to play with sticks and stones they found in the garden.
9. People have to pay lots of money to buy lots of things.
10. It can be very stressful.

Well done!

Thank you for spending time on this test.

If you've answered 90-100 percent of all these questions correctly, your English level is beyond our language course. Congratulations! What you have to do is keep reading and moving on!

★If you've answered 30-80 percent of questions in a correct way, you are exactly the student we are looking for! Come to take our English class, and have fun with students who come from all around the world!😊

If your correct answers are below 3, which means you've answered only 1 or 2 questions in a right way, we are sorry but you need to work out more vocabulary to get into our English class. We look forward to your good news.

Did you work out the meaning of these new words?

glam	(short for glamorous) very attractive and exciting
strains	damage to something that is caused by stretching or pulling it
prone to	if you are prone to something, it often happens to you
dominant	stronger or more powerful than other similar things in the same group
deformed	mis-shapen; with a shape that has not developed correctly
stirrups	the metal parts of a horse's saddle that hang down on each side of the horse and that the rider's feet rest in
stance	a particular way that a person stands
staple	a main or most important part of something
elevation	a position that is higher than normal
wodge	a large amount of something
notes	banknotes
fancy	(here) posh and expensive
luxury items	things that aren't necessary but make our lives more comfortable and that are usually highly desired
make do	manage in a situation even if you don't have a lot of resources or help
content	happy
be central to	be important to
crucial	very important
wealthier	richer
child mortality	death rate of children between 1 month and 5 years of age
life expectancy	the average time a person can may expect to live
keep on	continue
decidedly	absolutely
rat race	the competitive and stressful world of work