

1 Have you ever thought about how important humour is to your life? In thinking about the subject for the past few days, I found myself reflecting on how critical humour really is in our daily lives.

2 I can not imagine going through a day without laughter. In fact, when I think about those times in my life that were the most difficult, I find myself remembering how somber things seemed. There was little humour and not much laughter. Conversely, when I think about those times from the past when I was most alive, I immediately begin to recall experiences that made me laugh.

3 Undoubtedly, one of the worst ways to ruin your life would be to take everything seriously, especially yourself. Have you ever noticed how really successful people are when laughing at themselves? I do not think I have ever met anyone worthy of modelling who did not make humour an integral part of his or her life. Yet, while much has been written over the past years about how to be happy and successful, a great majority of people shy away from talking about how to be unhappy or unsuccessful. But, of course, studying contrasts can be very enlightening.



4 When it comes to being unhappy or miserable, I think I have learned a simple formula that never fails. See what you think. It is simply this: Remove humour from your life. Do not laugh. Do not look for the humour in the experiences you go through on a daily basis. That will certainly do the trick, don't you think? All you have to do in order to add unhappiness and misery to your life is to remove humour from it. That will certainly lead you to find your way to total misery. Luckily, the reverse is also true and I think we all know it deep down. So the question is: why don't we laugh more? Why don't we look for ways to lighten up and find more levity and have more fun? I think, like a lot of good things in life, we tend to forget what works and we need to be reminded of the simple truths.

5 It is important to mention that a daily use of humour will make every part of your life better. It will without any doubts help you through difficult times and will let you have the opportunity to make the good times even better. It will attract nice people and good situations to you. You will become a magnet for positive experiences. Furthermore, it is well documented that daily laughter will make you healthier. But, of course, there is a downside. In other words, you may start to lose some people in your life. Those who do not have a good sense of humour will probably start avoiding you. They will very likely begin to wonder if you have joined some kind of weird cult. And, of course, you will have to decide how to handle this matter. Should you try to change them or get them to laugh once in a while? It might help. Yet, do not get surprised if they fail to see the humour and continue with their sour way of looking at the world. Ultimately, we can not change others. We can only change ourselves.

I-COMPREHENSION

(15 POINTS)

Base your answers on the text

A-Answer these questions. 3pts

1-According to the writer ,what damages peoples' lives?.....
.....
.....

2-What is the main cause of misery?.....
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3-List some benefits of humour ?.....
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B-Are these sentences true or false ? Justify. 3pts

1-The writer seldom uses humour in his life.....
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.....

2-Most people avoid talking about unhappiness and failure.....
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.....

3-Humour does not have any drawbacks.....
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.....

C-Complete these sentences with information from the text. 3pts

1-The fact of being alive at some time in the past makes the writer.....
.....

2-Those who do not use humour as an integral part of their lives do not deserve to.....
.....

D-Find in the text words or phrases that mean almost the same as 3pts

1-very sad (paragraph2).....

2-take things less seriously (paragraph4).....

3-manage and control (paragraph 5).....

E-What do the underlined words in the text refer to? 3pts

1-you (paragraph1).....

2-one (paragraph3).....

3-them (paragraph5).....

II-LANGUAGE (15 POINTS)

A-Fill in the gaps with appropriate words from the list . 2pts

interested – praised – passionate – illiteracy -ridiculed – jubilation - perseverance

1-My father is very.....about collecting antiquities. He has been saving objects from ancient times since he was 18.

2-Nadia was provoked when her peersher for the way she dressed.

3-The team won the championship thanks to their trainer’s plan and the players ‘.....

4-.....is generally thought to bring about ignorance.

B-Give the correct form of the words in brackets. 3pts

1-(Kiss).....old people’s hands is viewed as a sign of respect in our culture.

2-Ahmed and his friend hitch-hiked back home since they could not afford (take).....a taxi.

3-That documentary film is long and uninteresting. I would rather (watch/not) it

C-Put the verbs in brackets in the correct tense. 4pts

1-What (the little boy /do).....when the light went out?

2-My dad (have).....his car for 10 years now. He is thinking of changing it and buying a new one .

3-Look at that helpless kid !He (run away)..... from a ferocious dog.

4-I (travel)to America three times so far.

D-Rewrite the sentences starting with the words given. 3pts

1-It did not rain yesterday .So, It was not necessary to wear a rain-coat.

I needn’t.....

2-The patient ‘s health deteriorated because she did not take her doctor ‘s advice.

The patient ought.....

3-The driver was certainly drunk when he had the accident.

The driver must.....

E-Write appropriate responses to the following situations. 3pts

1-Headmaster: the new dress code forbids students from wearing baggy clothes.

You (express lack of understanding).....

2-You want your peer to lend you his dictionary.

(make a request).....

3-Your friend: Underdeveloped countries should invest more in education.

You (agree and give a reason).....

III-WRITING

(10 POINTS)

Task 1 :Complete this paragraph (4pts)

Morocco has taken serious measures to reduce illiteracy. First,.....

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Task 2: Write a reply to the following e-mail (6pts)

Hello everybody,

I have a son who is an internet addict .He spends too much time chatting with friends and playing video games .His case is being aggravated .What do you advise me to do ? Please I need your help

Worried mother

November 28th,2017

Dear worried mother,

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Best regards