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SECOND OPPORTUNITY EXAMINATION – QUESTION PAPER	
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INSTRUCTIONS	
<ol style="list-style-type: none">1. Read the instructions carefully before answering the questions2. Answer ALL the questions.3. Write clearly and neatly.4. Indicate whether you are FM, OM or a DI student on the cover of your answer booklet.	

THIS PAPER CONSISTS OF 12 PAGES (Including this front page)

Read the following passage and answer the questions based on the passage.

High levels of distress before coronavirus infection raises risk of long Covid, say Harvard researchers.

1. A sizeable minority of people who catch Covid develop long-term ailments such as fatigue, breathlessness, brain fog and heart problems. People who are highly stressed, anxious, lonely or depressed before catching coronavirus are more prone to long Covid than those in good mental health, according to a major study. A Harvard analysis of health data from nearly 55,000 US volunteers, most of whom were women, found that high levels of psychological distress before Covid infection raised the risk of long-term illness by 32%-46%. The results highlight the urgent need to support people with mental health conditions and the importance of building mental health resilience more widely in the population to reduce the impact of long Covid.
2. "Depression, stress and loneliness are very, very common, and the fact that they increase the risk of long Covid a fair amount is notable," said Andrea Roberts, a senior research scientist at the Harvard TH Chan School of Public Health. "The associations were stronger with these risk factors than with other things we know to be associated with long Covid, such as obesity, hypertension and asthma." A sizeable minority of people who catch Covid develop long-term, often debilitating ailments such as fatigue, breathlessness, brain fog and heart problems. About one in six middle-aged people and one in 13 younger adults in the UK have symptoms that persist for more than three months. There are thought to be multiple causes, ranging from abnormal immune responses to damaged tissue and residual virus lurking in the body.
3. While the relationship between mental wellbeing and long Covid is unclear, psychological distress can drive chronic inflammation and disrupt the immune system, potentially making people more vulnerable to long Covid, the researchers note in JAMA Psychiatry. The Harvard team used questionnaires to rank the mental wellbeing of 54,960 US volunteers drawn from the Nurses' Health Studies and the Growing Up Today study. Most of the volunteers were white female nurses aged 40 to 70. In April 2020, none had tested positive for Covid, but over the following year more than 3,000 caught the virus and recorded their symptoms.
4. Those who scored higher on depression, stress, anxiety, loneliness and worry before catching Covid were more likely to report symptoms lasting more than one month. Such ongoing symptoms were 49% more likely in people with two or more forms of psychological distress compared with those who reported none. A similar finding was seen in people whose symptoms lasted at least two months.

5. All Covid symptoms apart from a cough and problems with smell or taste were more common in those who were distressed before they caught the virus. Depending on the type of distress, volunteers were 15% to 51% more likely to say long Covid impaired their daily lives compared with those with no mental health issues before testing positive.
6. The findings do not mean that mental health issues cause long Covid: more than 40% of those who developed long Covid in the study had no signs of distress before infection. Mental health is known to affect some diseases. Stress has been linked to a greater susceptibility to common colds and other respiratory tract infections. Last year, researchers in London reported that poor pre-pandemic mental health raised the risk of long Covid, as did being older, female, overweight, in poor general health, and having asthma. A separate study of people with multiple sclerosis found that those with anxiety or depression took longer to recover from Covid.
7. Siwen Wang, an epidemiologist at Harvard and first author on the study, said it was important for people in poor mental health to have good access to high-quality care. "Future research should investigate whether better management of psychological distress can prevent people from getting long Covid or improve their symptoms," she said. Claire Steves, a professor in ageing and health at King's College London, who was part of a team that found a link between mental health and long Covid last year, said the Harvard study emphasised the need to build support for vulnerable people and to improve mental resilience in the population at large. "It's important to state that this association does not mean that prior mental health issues cause long Covid, rather that mental health issues increase the vulnerability of individuals, due to decreased reserve so that physiological changes manifest in daily life."
8. Adrian James, the president of the Royal College of Psychiatrists, said: "People with severe mental illness are at higher risk of developing a range of physical health problems, including long Covid. We are still learning about the impact of the virus on people's physical and mental health but we know that long Covid can cause debilitating symptoms. People with long Covid must be able to access the healthcare they need, including appropriate specialist mental health provision. "It's also vital that research on the impacts of long Covid in people with pre-existing mental illness continues, if we are to ensure the best standard of care for patients down the line."
9. The findings come as a new initiative to explore long Covid and potential therapies launches in the US. Co-founded by patients with researchers from institutions such as Harvard, Yale, and Johns Hopkins University, the Long Covid Research Initiative

(LCRI) will focus on the theory that long Covid may be caused by residual virus in the body. Dr Amy Proal, a microbiologist at the PolyBio Research Foundation and chief scientific officer at LCRI, said the team will look at whether patients still harbour the virus, where it may lurk, and how it might affect the immune system and human gene expression to potentially drive disease. It will also explore possible roles of proteins produced by the virus – such as the spike protein – in issues from clotting to neuro-inflammation

10. The LCRI has raised more than \$15m from the cryptocurrency entrepreneur Vitalik Buterin’s direct giving fund Balvi, with the team noting that philanthropic funding cuts time spent on grant applications. Together with a lean organisation, they hope the approach will allow their research to move fast. The approach, said Proal, is vital given more people are becoming sick with long Covid every day and waiting lists for clinics are growing. “When there’s an emergency like that, you want to engage every sector, not just the government,” she said.

Adapted from: <https://www.theguardian.com/society/2022/sep/07/study-finds-link-between-poor-mental-health-and-long-covid>

1. Name the four illnesses that people who had Covid in the past develop. (4)
2. What according to Dr. Andrea Roberts are the three major contributing risk factors for long Covid? (3)
3. According to paragraph 5, what were the three symptoms that were not seen in people who were in agony or psychologically anguished? (3)
4. Which other groups of people were more likely to get long Covid apart from those that had a ‘poor pre-pandemic mental health’? (4)
5. Name the three major research institutions that are busy developing new therapies according to paragraph 9. (3)
6. What should people with long Covid do for better health to ensue later in their lives. (2)
7. How much money was raised by the cryptocurrency entrepreneur? (1)
8. Who were most of the respondents in the Harvard research project? (1)
9. What were the three symptoms experienced in the UK in middle-aged people who had Covid and that persisted for months? (3)
10. Mention the name of the psychiatric journal that details chronic inflammation caused by Covid according to paragraph three. (1)

Read the article below and answer the grammar questions that follow.

1. Long Covid study finds abnormality in lungs that could explain breathlessness

Findings raise the possibility Covid may cause microscopic damage not detected by normal tests

Abnormalities identified **(i) (to be identified)** in the lungs of long Covid patients that could offer a potential explanation for why some people **(ii) (to experience)** breathlessness long after their initial infection. The findings, from a pilot study involving 36 patients, raise the possibility that Covid may cause microscopic damage to the lungs that is not detected using routine tests. Breathlessness is a symptom in the majority of long Covid patients, but it has been unclear whether this is linked to other factors such as changes in breathing patterns, tiredness, or something more fundamental.

According to Dr Emily Fraser, a consultant at Oxford university hospitals and a co-author of the study, the latest findings **(iii) (to be)** the first evidence that underlying lung health could be impaired. "It is the first study to demonstrate lung abnormalities in [people with long Covid] who **iv. (to be)** breathless and where other investigations are unremarkable," said Fraser. "It **v. (to suggest)** the virus is causing some kind of persistent abnormality within the microstructure of the lungs or in the pulmonary vasculature."

2. More work would be required to clarify the clinical significance of the findings, she **vi (to add)**, including how the apparent abnormalities relate to breathlessness. Claire Steves, a clinical senior lecturer at King's College London who **vii (to be not)** involved in the work, said the findings would be of significant interest to anyone living with long-term breathlessness after Covid. "They suggest that the efficiency of the lung in doing what it is meant to do – exchange carbon dioxide and oxygen – may be compromised, even though the structure of the lung appears normal," she said.

"However, we really need to await the completion of the study to know whether these early findings are robust, and if so, how much they explain, and what the ramifications are in terms of potential treatments." Fraser and colleagues **viii. (to be)** the latest to highlight physiological differences seen in people with long Covid, with research published this week pointing to an "antibody signature" that could help identify those most at risk.

3. Dr Louise Sigfrid, a public health specialist at the University of Oxford who was not involved in the research, said the findings highlighted the need for those who had continuing symptoms to be given comprehensive diagnostic assessments. "These early findings are really interesting, and in line with other emerging data on lung perfusion defects post-Sars-CoV-2 infection seen in adults as well as adolescents," she said.

1. Change the verbs numbered (i)- (viii) in the passage into the correct verb tense. (8)

2. Identify whether the following sentences are in the active or passive voice. (3)

(a). More work will be required by scientists to verify their current findings.

(b). Scientists identified abnormalities in covid patients.

(c). People were given continued diagnostic assessments.

3. write the sentences above in their opposite voices. (3)

4. Rewrite the following sentence in the indirect speech: (3)

“However, we really need to await the completion of the study to know whether the early findings are robust ” Said Fraser.

5.1 Identify the conditional used in the following sentence: (1)

If a patient has Covid the efficiency of the lung will be compromised.

5.2 Change the sentence in 5.1 above into a second conditional sentence. (2)

5.3 Change the following sentence into a third conditional and then complete it with a suitable result clause.

The latest findings suggest that if someone has Covid his lungs..... (2)

6, From the following paragraph in the passage above identify and write down one example of each of the following. (3)

More work would be required to clarify the clinical significance of the findings, she **vi (to add)**, including how the apparent abnormalities relate to breathlessness. Claire Steves, a clinical senior lecturer at King’s College London who **vii (to be not)** involved in the work, said the findings would be of significant interest to anyone living with long-term breathlessness after Covid. “They suggest that the efficiency of the lung in doing what it is meant to do – exchange carbon dioxide and oxygen – may be compromised, even though the structure of the lung appears normal,” she said. However, we really need to await the completion of the study to know whether these early findings are robust, and if so, how much they explain, and what the ramifications are in terms of potential treatments colleagues **viii. (to be)** the latest to highlight physiological differences seen in people with long Covid, with research published this week pointing to an “antibody signature” that could help identify those most at risk. .”

(i). gerund

(ii). Infinitive

(iii). Present participle.

The two passages that follows are taken from recent historical studies of Christopher Columbus. Read the two passages and answer the questions that follow.

Using only the stated or implied information in each passage and in its introduction, if any, answer the questions below. (10x2=20)

Passage 1

In his history published in 1552, Francisco Lopez de Gomara wrote: "The greatest event since the creation of the world (excluding the incarnation and death of Him who created it) (5) is the discovery of the Indies." On the strength of this realization, Columbus emerged from the shadows, reincarnated not so much as a man and historical figure as he was as a myth and symbol. He came to epitomize (10) the explorer and discoverer, the man of vision and audacity, the hero who overcame opposition and adversity to change history. By the end of the sixteenth century, English explorers and writers acknowledged (15) the primacy and inspiration of Columbus. He was celebrated in poetry and plays, especially by the Italians. Even Spain was coming around. In a popular play, Lope de Vega in 1614 portrayed Columbus as a dreamer up (20) against the stolid forces of entrenched tradition, a man of singular purpose who triumphed, the embodiment of that spirit driving humans to explore and discover. Historians cannot control the popularizers of (25) history, mythmakers, or propagandists, and in post-Revolutionary America the few historians who studied Columbus were probably not disposed to try. Even if they had been, there was little information available (30) on which to assess the real Columbus and distinguish the man from the myth. With the discovery and publication of new Columbus documents by Martin Fernandez de Navarrete in 1825, this was less of an excuse,

(70) after the voyages of discovery had created the Columbus they wanted to believe in and were quite satisfied with their creation. But scholars were already finding grounds for a major reassessment of (75) Columbus's reputation in history.

Passage 2

Why should one suppose that a culture like Europe's, steeped as it was in the ardor of wealth, the habit of violence, and the pride of intolerance, dispirited and adrift after a (80) century and more of disease and famine and death beyond experience, would be able to come upon new societies in a fertile world, innocent and defenseless, and not displace and subdue, if necessary destroy, (85) them? Why should one suppose such a culture would pause there to observe, to learn, to borrow the wisdom and the ways of a foreign, heathen people, half naked and befeathered, ignorant of cities and (90) kings and metal and laws, and unschooled in all that the Ancients held virtuous? Was not Europe in its groping era of discovery in the fifteenth century in fact in search of salvation, as its morbid sonnets said, or of (95) that regeneration which new lands and new peoples and of course new riches would be presumed to provide? And there was salvation there, in the New World, though it was not of a kind the (100) Europeans then understood. They thought first that exploitation was salvation, and they went at that with a vengeance, and found new foods and medicines and treasures, but that proved not to be; that colonization

(35) and yet the material only provided more ammunition to those who would embellish the symbolic Columbus through the nineteenth century.

Washington Irving mined the new documents (40) to create a hero in the romantic mold favored in the century's literature. Irving's Columbus was "a man of great and inventive genius" and his "ambition was lofty and noble, inspiring him with high thoughts, and (45) an anxiety to distinguish himself by great achievements." Perhaps. But an effusive Irving got carried away. He said that Columbus's "conduct was characterized by the grandeur of his views and the magnanimity (50) of his spirit . . . Instead of ravaging the newly found countries . . . he sought to colonize and cultivate them, to civilize the natives." Irving acknowledged that Columbus may have had some faults, such (55) as his part in enslaving and killing people, but offered the palliating explanation that these were "errors of the times."

William H. Prescott, a leading American historian of the conquest period, said of (60) Columbus that "the finger of the historian will find it difficult to point to a single blemish in his moral character." Writers and orators of the nineteenth century ascribed to Columbus all the human virtues that were (65) most prized in that time of geographic and industrial expansion, heady optimism, and an unquestioning belief in progress as the dynamic of history.

Most people living in America four centuries

(105) and settlement was salvation, and they peopled both continents with conquerors, and it was not that either. The salvation there, had the Europeans known where and how to look for it, was obviously (110) in the integrative tribal ways, the nurturant communitarian values, the rich interplay with nature that made up the Indian cultures — as it made up, for that matter, the cultures of ancient peoples (115) everywhere, not excluding Europe. It was there especially in the Indian consciousness, in what Calvin Martin has termed "the biological outlook on life," in which patterns and concepts and the large teleological (120) constructs of culture are not human-centered but come from the sense of being at one with nature, biocentric, ecocentric.

However one may cast it, an opportunity (125) there certainly was once, a chance for the people of Europe to find a new anchorage in a new country, in what they dimly realized was the land of Paradise, and thus find finally the way to redeem the world. (130) But all they ever found was half a world of nature's treasures and nature's peoples that could be taken, and they took them, never knowing, never learning the true regenerative power there, and that opportunity was (135) lost. There was indeed a conquest of Paradise, but as is inevitable with any war against the world of nature, those who win will have lost — once again lost, and this time perhaps forever.

1. In Passage 1 (line 28), the word “disposed” means

- A. arranged.
- B. employed.
- C. settled.
- D. inclined.
- E. given away.

2. In Passage 1 (line 40), the phrase “romantic mold” most nearly means

- A. pattern concerned with love.
- B. idealized manner.
- C. visionary model.
- D. fictitious shape.
- E. escapist style.

3. The major purpose of Passage 1 is to:

- A. praise the daring and accomplishments of Columbus.
- B. survey the reputation of Columbus from the sixteenth through the nineteenth century.
- C. contrast the real Columbus of history with the mythic Columbus of the nineteenth century.
- D. describe the benefits and the damage of Columbus’s voyages.
- E. reveal the unforeseen and harmful consequences of Columbus’s voyages.

4. In Passage 2 (lines 90–91), the phrase “unschooled in all that the Ancients held virtuous” is used to

- I. reflect the European view of the American natives.
 - II. reveal a significant foundation of European culture in the period.
 - III. give a reason for the European contempt for the native Americans.
- A. III only
 - B. I and II only
 - C. I and III only
 - D. II and III only
 - E. I, II, and III

5. Which of the following does Passage 2 present as discovered and understood by the Europeans in America?

- A. Human-centered cultures
- B. New foods and medicines
- C. Communitarian values
- D. An Indian consciousness
- E. An ecocentric culture

6. According to Passage 2, a “biological outlook on life” would be best defined as one in which

- A. the interdependence of all life forms is understood.
- B. humans are the measure of all things.
- C. the needs of rich and poor are equally considered.
- D. the economic well-being of all races is emphasized.
- E. the primary motivation is survival of the species.

7. The major purpose of Passage 2 is to:

- A. describe the benefits and damage of Columbus’s discovery.
- B. present Columbus’s discovery as a tragically missed opportunity to regenerate Europe.
- C. attack the greed and cruelty that inspired the European colonization of America.
- D. defend the European colonization of America as historically determined and unavoidable.
- E. evaluate as objectively as possible the meaning of the European incursion into the Americas.

8. Of the five paragraphs in Passage 1, which one best prepares the reader for the contents of Passage 2?

- A. The first (lines 1–23)
- B. The second (lines 24–38)
- C. The third (lines 39–57)
- D. The fourth (lines 58–68)
- E. The fifth (lines 69–75)

9. Compared to Passage 1, Passage 2 may be described by all the following EXCEPT

- A. more personal
- B. more philosophical
- C. more judgmental
- D. more historical
- E. more emotional

10. Which of the following aptly describes a relationship between Passage 1 and Passage 2?

- I. Passage 1 predicts a reevaluation of Columbus's accomplishments, and Passage 2 makes that reevaluation.
- II. Passage 1 calls attention to the way the image of Columbus in each period reflects the values of that period, and Passage 2 presents an image that reflects late twentieth-century ideas.
- III. Passage 1 focuses on the reputation of Columbus, and Passage 2 emphasizes his unique character.

- A. III only
- B. I and II only
- C. I and III only
- D. II and III only
- E. I, II, and III

Section: D

[30]

Carefully consider the topics below and then write either an opinion or argumentative essay of 300 to 350 words on ONE of the topics.

1. Income inequality is a major challenge in Namibia. Discuss three ways to reduce this inequality effectively.
2. Human trafficking is a big problem in many countries. What do you think can be done to stop it?
3. Many people argue that Namibia is ready for a female president. Write an essay to agree or disagree that our next president should be female.
4. Is advertising a benefit for society? Advertising is a powerful and persuasive medium. We are all exposed to many different forms of advertising on a daily basis. Write an essay to discuss the pros and cons of advertising.
5. We can see security cameras everywhere, including stores, banks, and houses. They are designed to contribute to our security. However, many believe that in this way, people are losing privacy. Some people argue that security cameras should be forbidden, whereas others believe they keep us safe. Write an essay to indicate to what extent you agree and disagree with the banning of security cameras.
6. Thousands of people flock to the city every year to seek a better living. Discuss the advantages and disadvantages of living in a big city.

The End!

[TOTAL:100 MARKS]