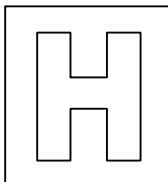


Candidate Name: \_\_\_\_\_

Class	Adm No



---

## 2012 Preliminary Examination 2

### Pre-University 3

**GENERAL PAPER**

**8806/02**

Paper 2

**29 August 2012**

**ANSWER BOOKLET**

**1 hour 30 minutes**

Additional Materials: INSERT

---

**READ THESE INSTRUCTIONS FIRST**

Write your name, class and admission number in the spaces provided at the top of this page and on all the work you hand in.

Write in dark blue or black pen on both sides of the paper.

Do not use staples, paper clips, highlighters, glue or correction fluid.

**(Note that 15 marks out of 50 will be awarded for your use of language.)**

For Examiner's Use	
Content	/35
Language	/15
Total	/50

---

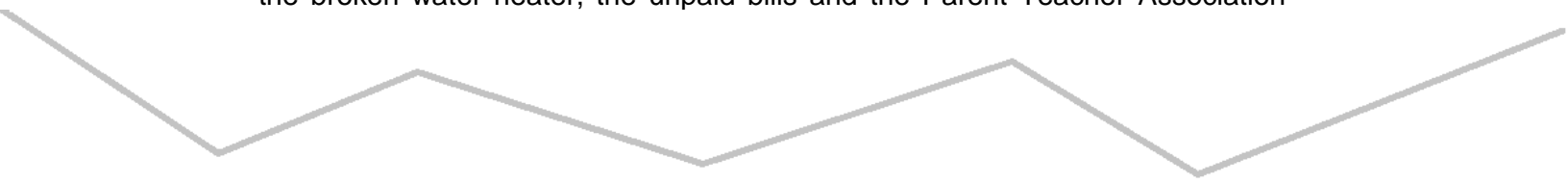
**This question paper consists of 8 printed pages and 1 Insert.**

**[Turn over**

### Maia Szvalit talks about vacations.

- 1 Twenty percent of us would take a lower salary in exchange for more vacation time, according to a 2006 Expedia and Ipsos Reid survey. No surprises there – who, in these frantic times, does not want another week on the beach or at the cottage? What is shocking is that despite our desires, we are not even taking the days we have - on average, Canadians only get nineteen vacation days, and we do not even take two of them. 5
- 2 "We want more vacation time, yet we are not great at using all of the time that we have available to us," said Beverly Beuermann-King, a stress and wellness specialist. "There is always one more job, one more project, and sometimes we put those things ahead of our 'me' time." But it is important to take some time for ourselves. We are more productive if we take the time to recharge – regular vacations prevent burnout, help our bodies return to a state of calm from high everyday stresses and rejuvenate our minds by challenging us. Sometimes, we feel like we need a vacation to recover from the sapping work life. 10
- 3 Though the average citizen may not experience the kind of mega-stress of a nationally elected leader, all of us have our own home-grown version of job-related stress. We may face the burden of meeting tight deadlines, making crucial decisions, or managing the complexities of household demands. Our stress may also include the stress of being under- or unemployed. All adults have lives that are filled with some form of stress, even if we do not truly acknowledge this fact. Chronic stress takes its toll in part on our body's ability to resist infection, maintain vital functions, and even ability to avoid injury. When one is stressed out and tired, one is more likely to become ill. His arteries take a beating, and the chances are more likely to have an accident. His sleep will suffer, he will not digest your food as well, and even the genetic material in the cells of his body may start to become altered in a bad way. Mentally, not only does he become more irritable, depressed, and anxious, but his memory will become worse and he will make poorer decisions. He will also be less fun to be with, causing him to become more isolated, lonely, and depressed. 15  
20  
25
- 4 Clearly, then, stress is not a good thing. Even people who claim to love the high-pressured lifestyle will admit, in their quieter moments, that there are times when they just want to get away from it all, if only for a short time. Vacations have the potential to break into the stress cycle. We emerge from a successful vacation feeling ready to take on the world again. We gain perspective on our problems, get to relax with our families and friends, and get a break from our usual routines. That is if the vacation is 'successful'. For now, though, let us look at some of that evidence. In a 2009 study, Canadian researchers Joudrey and Wallace reported that 'active' leisure pursuits (such as golf) and taking vacations helped to buffer or ameliorate the job stress among a sample of almost 900 lawyers. British researcher Scott McCabe noted that vacations' personal benefits have been found to include: rest and recuperation from work; provision of new experiences leading to a broadening of horizons and the opportunity for learning and intercultural communication; promotion of peace and understanding; personal and social development; visiting friends and relatives; religious pilgrimage and health; and, subjective well-being. McCabe believes these positive benefits to be so strong that he recommends that families be given some form of financial assistance if they are unable to afford vacations on their own. 30  
35  
40  
45

- 5 The benefits of vacations extend to family relationships. Our hectic lives make us forget the need to renew ties with family and friends. By taking a step back from our daily grind, we remind ourselves that there are other people in our orbit who deserve and need our attention. By visiting family at least once a year, we realise that there are people we can turn to should a family crisis occur. By taking our children on vacation, we genuinely communicate with them and address their concerns one-on-one. At home, we get distracted by the flat tyre, the broken water heater, the unpaid bills and the Parent Teacher Association
- 50
- 55



PLEASE LOGIN WITH YOUR STUDENT ID & PASSWORD  
TO VIEW THE FULL PAPER.