

# Functional Skills English Reading Level 2 Sample Paper 3

## Resolutions Source Documents



A City & Guilds Group Business

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# **Sample Assessment Functional Skills English Reading Level 2**

## **Resolutions**

**Source Documents**

**Do not write your answers in this booklet as this will not be marked.  
All answers should be written in the space provided on the question paper.**

**Read both documents.**

Use **Document 1** to answer questions 1 to 6.

Use **Document 2** to answer questions 7 to 13.

Use **both** documents to answer questions 14 and 15.



## The Science Behind Sticking to Your Resolutions

Article written by Suki Tanaka

In news that surprises no one, least of all me, research has shown that around one quarter of people give up their resolutions after just one week, while fewer than 1 in 10 will maintain their goal to the end of the year. So what's the reason for this disappointing statistic? Behavioural scientists have discovered that people tend to focus on what they are changing rather than why. But there's good news! Science has shed some much-needed light on how to stick to resolutions.

**Do it with a friend**



Here's a nice one to begin with. Research from Leeds University found that partnering up with someone can boost the likelihood of seeing things through.

Professor Lucy Daniels says: "The Leeds team carried out research involving 15 groups of people who had set themselves a new goal. The research revealed that joint planning helped people commit to new exercise regimes. Moreover, starting something new with a friend significantly increased motivation."



**Don't expect lasting change for at least three months**

Ok, this one is not as encouraging. University College London discovered that it takes an average of three months to form a new habit. According to Ramesh Mahto, professor of social psychology: "This means if you make a New Year's resolution and do it daily, it won't become a habit until the end of March. So don't give up on the gym membership just yet!"

**Try moving house...or at least changing the environment**



Those clever psychologists at the University of Bath found that the best time for successful habit change isn't based on the calendar, like we all thought, but on big changes to our everyday lives, such as moving to a new home. Oops! No wonder I struggle to stay on target.

Professor Anya Flores explains: "We studied 800 new goal setters, and we found that the recent movers had the most success. Changing your habits can be a nightmare, and finding the right moment to make a change is even worse! Many resolutions are made on December 31st and go down the drain on January 2nd."




**Pick concrete goals**

Dr Richard Brown, author of the book *Achieving What You Want*, says: "It's crucial not to set vague goals but instead pick clear, achievable targets. So ditch those useless resolutions like 'get more exercise', and choose 'walk for 20 minutes at least four times a week' instead. Your future self will thank you!"

So, that's the advice from top scientists – now you just have to put it to good use. Good luck with your resolutions, and I hope you all have better luck with them than I've had!

www.greyhoundbikes.co.uk/articles/cyclingresolutions



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## Why cycling should be your New Year's resolution

by Marc Kowalski

### About the author

Marc lives in Oxford with his partner and their two naughty dogs, where he enjoys golf and trips to the local bakery. He has been a professional cyclist for twelve years.

### Cycling offers benefits that help you stick to your goals

Make riding a brand-new Greyhound bike your New Year's resolution and you are sure to succeed! Try it for just one month and watch as your resolution becomes an unshakeable habit.

### You can keep your goals manageable

Lots of people make the mistake of thinking they need to cycle every day, which is a noble idea, but doomed to failure if you happen to hate riding in bad weather.

But that's the amazing thing about cycling – you can choose when you do it! With a gym or exercise classes, you're tied into set hours. Deciding to ride your Greyhound bicycle a certain distance per week, on the other hand, gives you the flexibility and peace of mind of choosing which days are best for you.

### You can choose to ride with friends or alone

We all achieve goals in different ways; some find it easier to meet targets if we do it with friends, but some of us find more success when going it alone. Enjoying some quiet time alone with your thoughts (and of course with your beautiful new Greyhound bicycle) will give you the motivation you need to succeed.

### You can shake it up

There are so many different kinds of Greyhound bike and different ways of cycling, from track racing to riding through mountains. There are also plenty of events to join, like the fantastic Bike For Hope charity race, which everyone should try at least once! Or, there is The Long Ride event, which is a long distance cycle over flat terrain, so it's perfect for beginners. Having so many choices means you are sure to find a goal that suits you, and even better, raise money for a good cause while doing it. That's how what starts as a resolution can become second nature in the blink of an eye!

### You will love your new bike

Research shows people stick to goals better when they enjoy themselves. Cycling is hard work when it involves steep roads or uneven paths – but we don't think you will even notice these when you're soaring on your new Greyhound bike.

Are you concerned about the technical side of cycling? There are 'how to' guides available online that teach you how to change an inner tube or fix a broken chain, so you don't have to worry about anything. The more you learn about looking after your bike, the more confident you will feel riding it.

### Go for it!

Make cycling on your amazing Greyhound bike your new resolution, and in a matter of weeks you'll create a lifestyle that will last forever!

**SALE!**  
20% off

**Greyhound recommends:**

- **Peak 10**  
our bestselling mountain bike  
[Buy here](#)
- **The City Lite**  
our new commuter bike  
[Buy here](#)
- **Milestar**  
perfect for long distance cycling  
[Buy here](#)
- **Swifthound 6**  
the best racing bike on the market  
[Buy here](#)