



**הצעה לפתרון
בחינת הבגרות באנגלית**

מועד קיץ תשע"ה 2015

סמל שאלון 016104 – Module G

**הפתרון נכתב על ידי
הדר בורד ולאה שובל
מצוות מורי רשת החינוך אנקורי**

PART I: ACCESS TO INFORMATION FROM WRITTEN TEXTS
(60 points)

Read the article below and then answer questions 1-8.

DREAM CONTROL

Dreams can be strange and even frightening. One moment you are flying through the sky, and the next you're being chased through tall grass by an enormous cat. A dream can seem so real that when you wake up you might quickly glance around the room to be sure nothing is lurking in a corner. But some people don't need to fear such nightmares. While they are asleep they realize they're just dreaming, and sometimes they are even able to control the content of the dream. This unusual mental state has been named "lucid dreaming."

Although accounts of lucid dreaming have existed since ancient times, it only became the subject of extensive research in the late 1970s. Before that, scientists were doubtful that lucid dreams were in fact genuine dreams; they simply assumed that the experiences people described had occurred in short periods of wakefulness during the night. But even if they had wanted to study the phenomenon, at the time there was no way of finding out what was going on in people's minds while they were asleep.

An ingenious solution to the problem was found in 1975 by Keith Hearne, a psychologist who had long been fascinated by reports of lucid dreaming. Hearne happened to meet Alan Worsley, a young man who claimed to have lucid dreams regularly. Knowing that dreaming involves rapid and random eye movements, Hearne devised a way for Worsley to indicate that he was having a lucid dream: he trained Worsley to move his eyes from side to side exactly eight times whenever such a dream occurred. Their sessions together produced the first detailed findings on the phenomenon.

Hearne's work opened the door to further research by other scientists. Among other things, they found that lucid dreams usually occur in the early morning, last about two minutes, and often follow a day of intense emotional experiences. Furthermore, experiments using brain scanning techniques have shown that the part of the brain responsible for logical thought, which is usually inactive during ordinary dreaming, "switches on" during lucid dreaming, enabling the person to take control of the dream.

/המטק במסוד 3/

- 30 Lately, lucid dreaming has begun featuring in the popular media. Stories have been published of athletes saying they're more likely to win a race if they have a lucid dream of victory the night before. And new courses are being advertised that promise to teach you how to make sure all your dreams have a happy ending. Scientists, however, warn against taking this claim seriously, insisting there is no evidence that everyone can be trained to have lucid dreams. Even techniques developed and used in sleep laboratories, they say, have been successful with no more than 10% of the people tested. And so, for most of us, waking up is still the best way to escape that giant monster waiting to attack.

QUESTIONS (60 points)

Answer questions 1-8 in English according to the article. In questions 1, 2, 5 and 7, circle the number of the correct answer. In the other questions, follow the instructions.

1. What do we learn from lines 1-7?
- i) What makes a lucid dream frightening.
 - ii) What helps people realize that they are just dreaming.
 - iii) How lucid dreaming differs from ordinary dreaming.
 - iv) Why some dreams seem more real than others.
- (7 points)
2. In lines 8-14 we are told why (-).
- i) scientists have always wanted to study lucid dreaming
 - ii) no research was done on lucid dreaming before the late 1970s
 - iii) lucid dreams might occur when the person is awake
 - iv) most people wake up several times during the night
- (8 points)

3. COMPLETE THE SENTENCE.

In lines 15-22 the writer explains what Hearn did in order to _____
 research lucid dreaming/ prove lucid dreams
 existed

/4 נוסף בממד

4. COMPLETE THE SENTENCE.

All the facts mentioned in lines 24-25 are given as examples of
things that scientists found out by researching lucid dreams

(8 points)

5. What difference between ordinary and lucid dreaming is presented in lines 23-29?

- i) A difference in the content of the dream.
- ii) A difference in brain activity during the dream.
- iii) A difference in the emotions experienced during the dream.
- iv) A difference in the length of the dream.

(7 points)

6. Why might people want to have lucid dreams? Give ONE answer. Base your answer on the information in lines 30-34.

ANSWER: **They may be more successful / The dreams have a happy ending.**

(4 points)

7. From lines 30-38 we learn why scientists (--).

- i) don't believe the stories in the media
- ii) doubt the value of lucid dreaming
- iii) object to the courses that are being advertised
- iv) claim that nobody can control their dreams

(7 points)

8. What did "10% of the people tested" (line 37) succeed in doing?

COMPLETE THE ANSWER.

In
having lucid dreams/being able to create lucid dreams

(7 points)